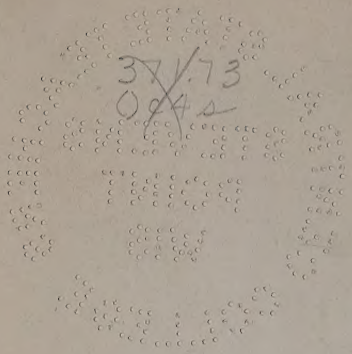
-B
87
I4

PHYSICAL EDUCATION
FOR
THE SECOND GRADE

BY

W. A. OCKER, M. D., B. P. E.
Director Physical Education and Hygiene,
Indianapolis Public Schools,
Professor of Hygiene, Normal College of
the American Gymnastic Union.
Author of "Physical Education for Primary Grades."

NEW YORK
A. S. BARNES AND COMPANY
1928

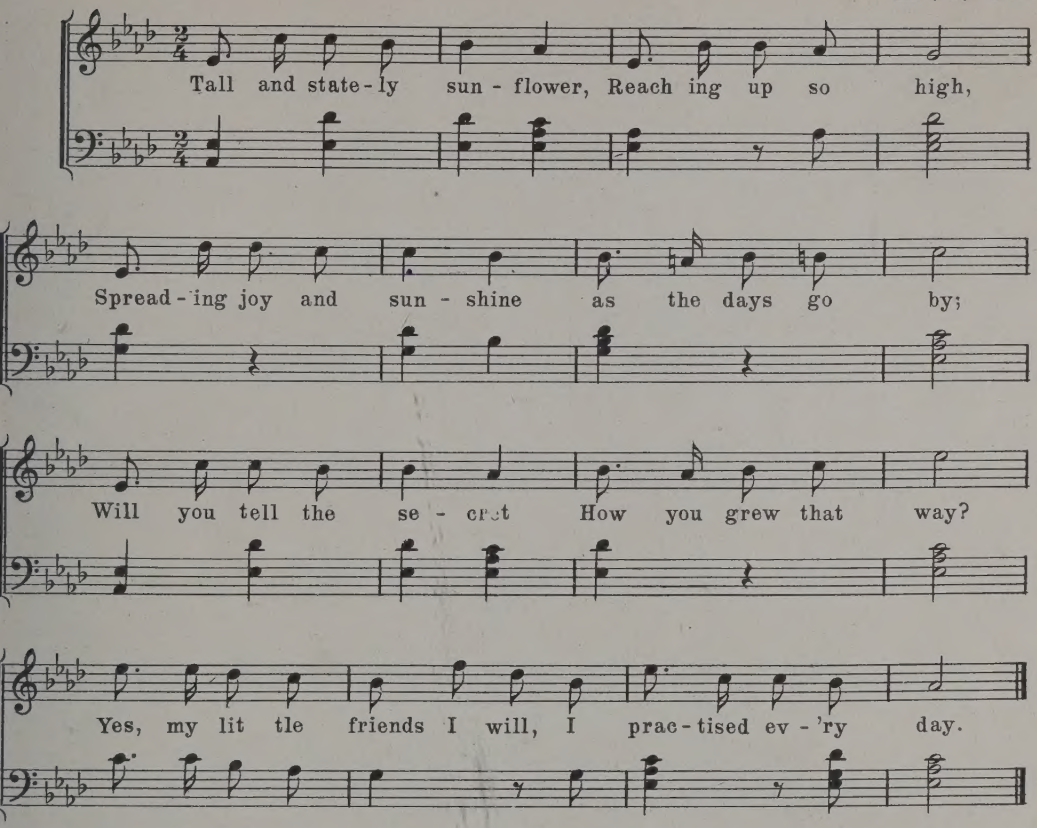


LB
1587
.A3
I4

Copyright, 1928
BY
A. S. BARNES & COMPANY

SUNFLOWER

Arr. W. A. O.

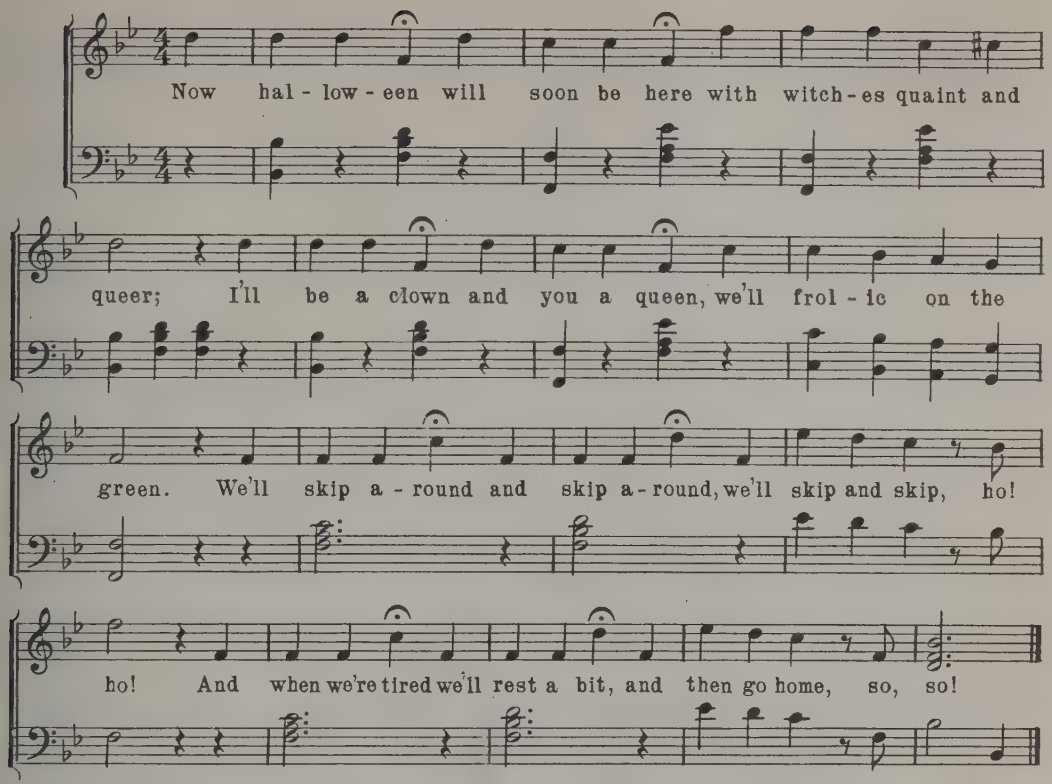

Tall and state-ly sun-flower, Reach ing up so high,
Spread-ing joy and sun-shine as the days go by;
Will you tell the se-cret How you grew that way?
Yes, my lit tle friends I will, I prac-tised ev-'ry day.

Formation:- Single circle facing center. Pupils in squat position (bent-knee position or sitting on heels), elbows bent, the fore-arms and hands pointing vertically upward.

	Song.		Activity.
1–	Tall and stately sunflower, Reaching up so high,	1–	Slowly straighten knees and straighten arms upward (growing).
2–	Spreading joy and sunshine As the days go by;	2–	Grasp neighbor's hands, face line of march and skip forward (without releasing hold of hands).
3–	Will you tell the secret	3–	Face center, step curtsy in line of march and return.
4–	How you grew that way?	4–	Release hold, raise arms to a circle overhead and turn about while running lightly in place.
5–	Yes, my little friends I will,	5–	Step curtsy in line of march and return.
6–	I practiced ev'ry day.	6–	Stand erect, then bow on the word "day."

HALLOWEEN

Words and Music
by W. A. Ocker


Now hal - low - een will soon be here with witch - es quaint and
queer; I'll be a clown and you a queen, we'll frol - ic on the
green. We'll skip a - round and skip a - round, we'll skip and skip, ho!
ho! And when we're tired we'll rest a bit, and then go home, so, so!

Formation:- Single circle; pupils arranged in partners, facing each other.

1 - "Now halloween will soon be here"
Tell partner, use mysterious gestures.

2 - "With witches quaint and queer"
Stoop forward, one hand on hip, hobble and change place with partner.

3 - "I'll be a clown"
Hop to a side-stride position with arms sideward and return quickly.

4 - "And you a queen"
Bow and curtsy to partner.

5 - "We'll frolic on the green"
Turn once around while running in place.

6 - "We'll skip around and skip around"
Partners join hands and skip in a small circle.

7 - "We'll skip and skip, ho! ho!"
Turn and skip in opposite direction.

8 - "And when we're tired, we'll rest a bit"
Sleeping position - rest head on hands.

9 - "And then go home so, so."
Partners link arms and march slowly around circle.

LESSON 4

1– Review activities of previous lessons.

2– SONG GAME – "OLD ADAM"

For music and activity see page 9.

3– MIMETIC EXERCISES – "SWIMMING" – Dog Paddle.

Imitate little dogs swimming using their "front paws". Pull back with the left paw at the same time reaching forward with the right; then reach forward with the left and "pull in" the right paw.

Using front paws and legs - same arm exercise as above combined with running "in place". Raise the feet well backward.

4– ACTION STORY – "A SURPRISE BIRTHDAY PARTY"

a– Skip to destination –

Skip around desks (or in a circle)

b– Arrive at the house –

In rhythm clap hands and hop in place (on both feet) while calling "surprise, surprise, etc."

c– Help make candy –

Pull molasses candy or taffy by spreading the arms far apart.

d– Make ice cream –

Turn the freezer, first with the right hand then with the left.

e– Play games –

Let children choose a suitable game.

f– Run or skip home –

Return to seats or to some designated place.

g– Tired –

Rest and deep breathing.

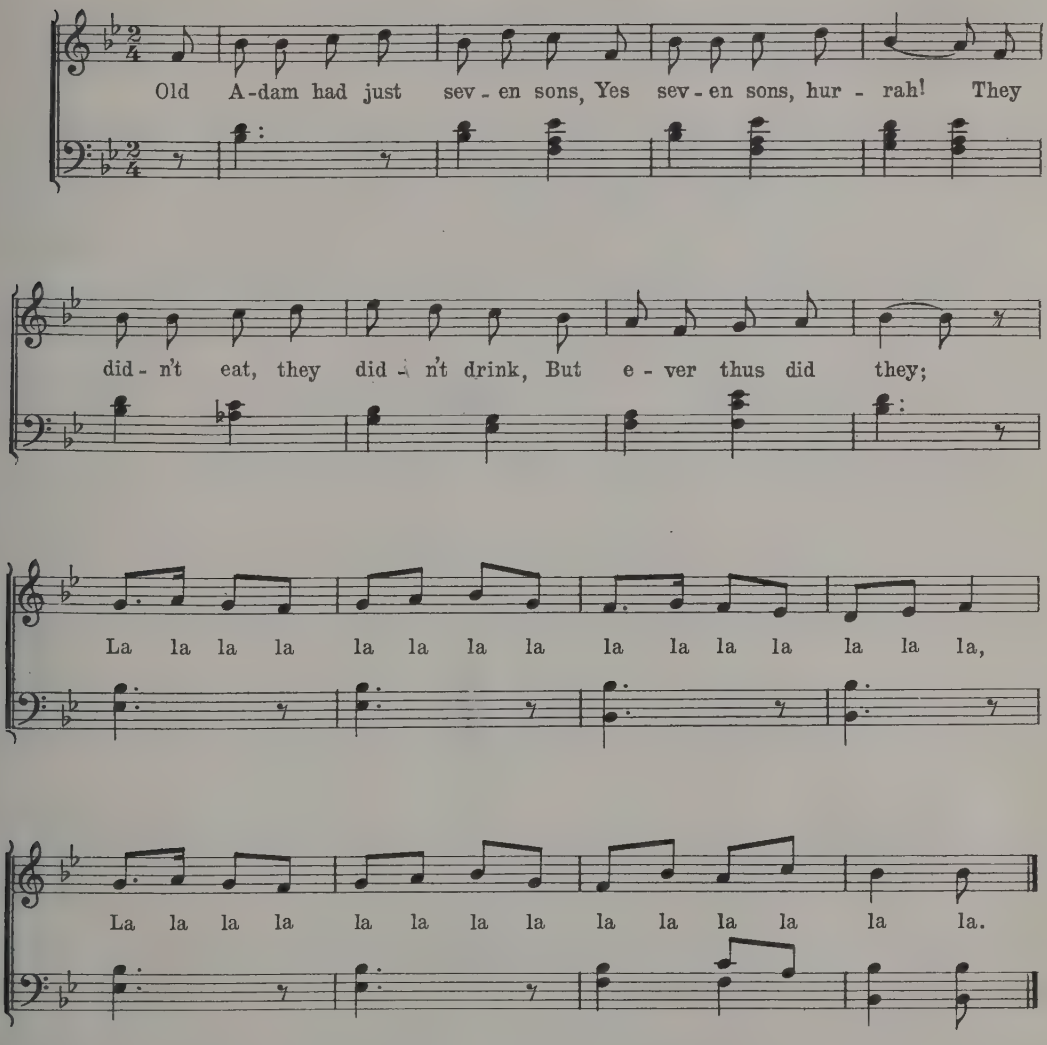
5– GAME – "SLAP TAG"

Players are arranged in two rows. If in schoolroom, let children be seated, each two rows facing one aisle. One player for each aisle goes up and down the aisle and tries to slap the extended hands of the players. If he succeeds, he changes places with the one slapped.

Players must not draw the arms back to avoid being slapped; they may, however, drop the hands and arms or move them sidewards.

OLD ADAM

Yankee Doodle


Old A-dam had just sev-en sons, Yes sev-en sons, hur-rah! They
did-n't eat, they did-n't drink, But e-ver thus did they;
La la la la la la la la la la la la la la la,
La la la la la la la la la la la la la la.

Formation - Single circle, facing center. One pupil, the leader, within the circle.

The leader shows an exercise or movement, and, while the children sing "La, la, la, etc." they perform with the leader. Trunk bending, arm thrusting and swinging, hopping, clapping hand, turning and nodding head are good exercises.

At the conclusion of the song the leader returns to the circle and another pupil takes his place.

LESSON 5

1 – MARCHING AND RHYTHMICS – "FOLLOW-STEP".

Follow-step: – Step left forward --1, Place the instep of the right foot against and in rear of the left heel--2. Repeat many times.

Alternate eight marching steps forward with four follow-steps forward, left foot leading. Later alternate leading left and right in the follow-step.

2 – SONG GAME -- "THANKSGIVING DAY"

For music and activity see page 11.

3 – MIMETIC EXERCISES - -

a – GIANTS and DWARFS –

Giants – Walk on toes and stretch arms upward.

Dwarfs – Bend knees, hands on hips, walk forward carefully with knees bent and body leaning slightly forward.

b – SHAKE TREE AND GATHER NUTS –

Take hold of tree with both hands and shake vigorously; then stoop and gather the nuts.

4 – ACTION STORY--"PILGRIM'S LOG CABIN"

a – Pilgrim boys and girls hear the wind blowing through the trees.
Take deep breath and exhale with a blowing-whistling sound.

b – Trees sway in the wind.
Trunk bending sideward with arms stretched upward.

c – Walk into forest carrying axe.
Stoop, pick up axe, carry on shoulder and walk.

d – Chop trees.
Standing in a front stride position, get good trunk and arm movements in the chopping activity.

e – Felled trees are put on skids.
Each two children grasp log (one at each end) and lift or roll the log on the skid or wagon. Chain the logs to keep them from rolling off.

f – Haul logs to building site.
With rope over shoulder pull wagon to building place and unload logs.

g – Build the cabin.
Place logs in position laying them at right angle for corners of a room.

h – Plaster the walls.
Dig clay; moisten with water, stir into a plaster and fill crevices between logs.

i – Cabin is finished.
Rejoice – jumping in place and clapping hands.

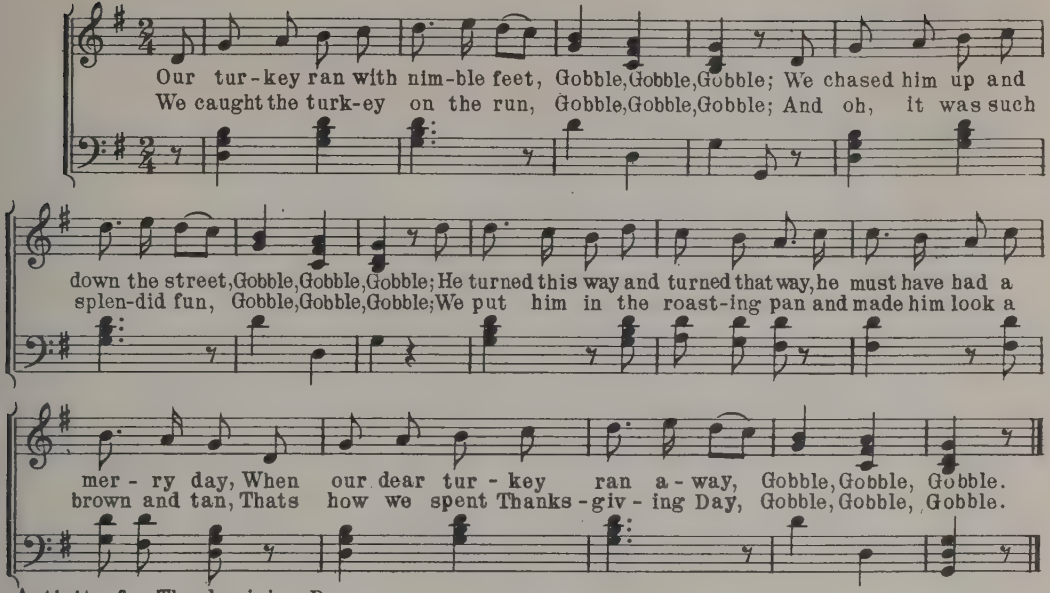
5 – GAME – "CALL BALL"

The players form a circle and one of the players stands in the center holding an inflated rubber ball, This player calls the name of some player in the circle and then tosses the ball into the air. The player whose name has been called endeavors to catch the ball immediately after its first rebound from the floor. If he is successful he exchanges places with the center player; if not, he returns to his place in the circle and the center player calls to another playmate to catch the ball.

THANKSGIVING DAY

Folk Song

Arr. W. A. O.


Our tur-key ran with nim-ble feet, Gobble, Gobble, Gobble; We chased him up and
We caught the turk-ey on the run, Gobble, Gobble, Gobble; And oh, it was such
down the street, Gobble, Gobble, Gobble; He turned this way and turned that way, he must have had a
splen-did fun, Gobble, Gobble, Gobble; We put him in the roast-ing pan and made him look a
mer - ry day, When our dear tur - key ran a - way, Gobble, Gobble, Gobble.
brown and tan, Thats how we spent Thanks - giv - ing Day, Gobble, Gobble, Gobble.

Activity for Thanksgiving Day.

I.

1—"Our turkey ran with nimble feet"
Run forward, lightly.

2—"Gobble, gobble, gobble"
Swing arms sideward (flapping of wings.)

3—"We chased him up and down the street"
Run forward again.

4—"Gobble, gobble, gobble"
Incline trunk slightly forward on each word.

5—"He ran this way, then turned that way"
Turn trunk left then right.

6—"He must have had a merry day"
Run in place making a complete turn.

7—"When our dear turkey ran away," "Gobble, Gobble, gobble"
Stand still.

II.

1—"We caught the turkey on the run"
Run four steps forward, then with a slight hop
or jump, reach for the turkey.

2—"Gobble, gobble, gobble"
Strut like a turkey, three steps.

3—"And oh, it was such splendid fun"
With clapping hands, run in place.

4—"Gobble, gobble, gobble"
Strut like a turkey, three steps.

5—"We put him in the roasting pan"
Stoop and place turkey in the oven.

6—"And made him look a brown and tan"
Arise.

7—"That's how we spent Thanksgiving Day"
Bob head up and down in rhythm.

8—"Gobble, gobble, gobble"
Same as 2 and 4 but "in place."

LESSON 6

1– MARCHING

Review activities of previous lessons.

2– SONG GAME– –"JACK FROST."

For music and activities see page 13.

3– MIMETIC EXERCISES– –"KICKING THE FOOT BALL."

Hold the ball with both hands; drop it and at the same time kick it with the right (or left) foot.

Variation– Catch the ball, run a few steps and then kick it.

4– ACTION STORY– –"JACK FROST."

a– Jack Frost descends (flies) out of sky.
Arms sideward, raise and lower them, hands "fluttering."

b– Jack Frost paints windows "all white."
With both hands outline size of windows.

c– In the morning children "jump" out of bed.
Jump several times – to get out of bed and also for morning exercise.

d– Hurry into clothes.
Dress quickly suiting action to the words.

e– Descend stairs to breakfast room.
Go down carefully– on toes with knee raising.

f– Mother is preparing breakfast – oatmeal is "bubbling" on the stove.
Slow knee-bending and quick straightening.

g– Smell good sweet cocoa.
Deep breathing.

h– After breakfast go into the garden.
Run lightly on toes.

i– Espy drooping (frosted) flowers.
Imitate droop by lowering the trunk forward and letting the arms hang down throughly relaxed. Straighten and walk to another flower and repeat the "drooping."

j– Sun begins to shine, reviving the plants.
Flowers not badly damaged, hence straighten slowly and stretch well into good position.

k– Sun drives Jack Frost away.
Run lightly on toes.

l– Can't catch him.
All out of breath, deep breathing and rest.

5– GAME – "OVERHEAD RELAY"

In schoolroom:– Children are seated with an equal number in each row. In front of each row, near the front wall, a circle is drawn on the floor. The first pupil in each row has an eraser, bean bag, or a ball upon his desk. Upon signal from the teacher, the pupil seizes the object with both hands and passes it over his head to the rear. The object is immediately grasped by the next pupil, and he quickly passes it over his head and so on until the object reaches the last pupil in the row. This player, upon receiving it, runs ward through the aisle on the right and places the object in the circle on the floor in front of his row. The object must not roll out of the circle, nor may any part of it extend beyond the boundaries of the circle.

The first one fairly depositing the object in the circle wins the game.

All of the runners return to their respective row of seats with the object, but instead of taking the last or vacated seat they take the first seat in the row, the other children meanwhile having moved back one seat.

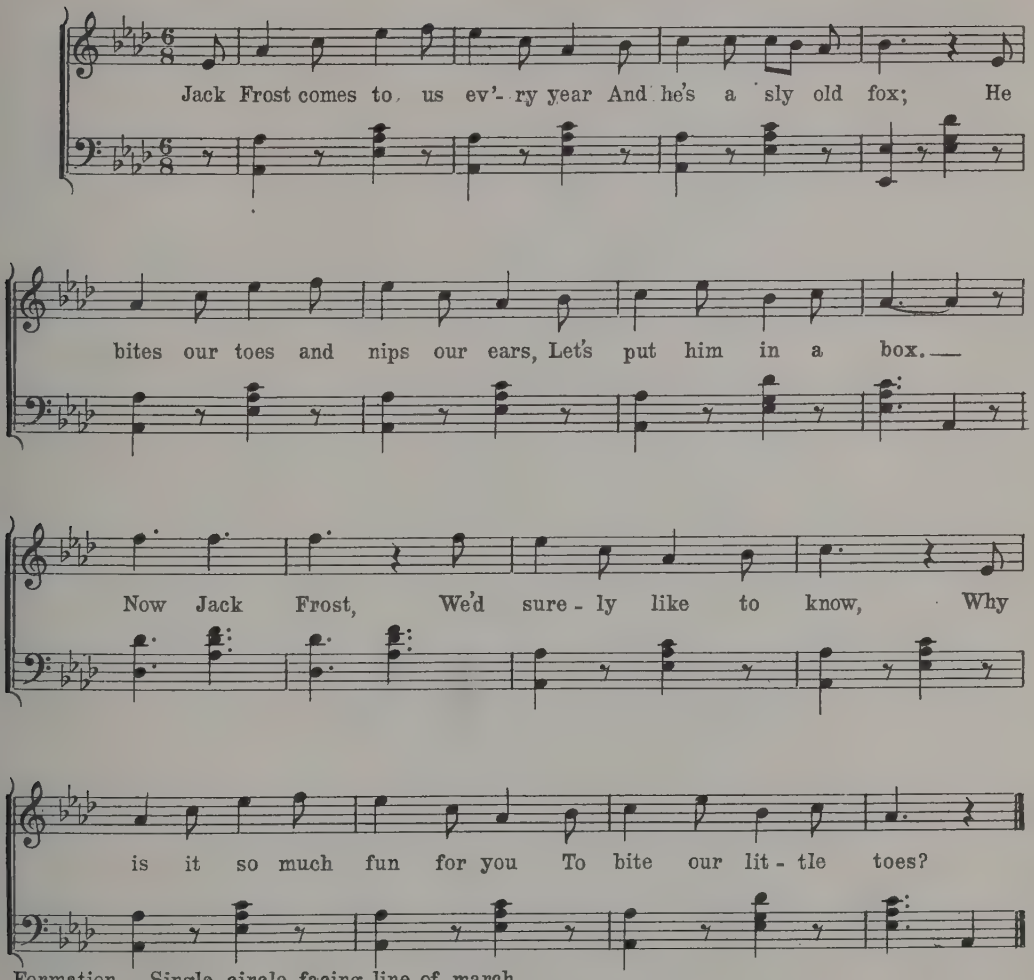
Then repeat the passing as above until each pupil has been a runner.

The row having the greatest number of individual winners is declared the victor.

For auditorium or school yard– Arrange children in two or more rows. Have them stand with feet slightly apart. Place the object on the floor or ground immediately in front of the first pupil in each row.

JACK FROST

Folk Song — Arr W. A. O.


Jack Frost comes to us ev'- ry year And he's a sly old fox; He
bites our toes and nips our ears, Let's put him in a box.
Now Jack Frost, We'd sure - ly like to know, Why
is it so much fun for you To bite our lit - tle toes?

Formation — Single circle facing line of march.

Meas.

1 & 2 Walk four steps forward.

3 Walk two steps forward, shaking right fore-finger (mysteriously).

4 Face center and halt.

5 Hop to a side - stride position - 1; bend trunk forward and touch toes with hands-2.

6 Straighten trunk and hop to position - 1; swing arms sideward - upward and cover ears with hands - 2.

7 Bend both knees and touch floor with hands.

8 Straighten knees and stand in position.

9 & 10 Place left foot forward, left hand under right elbow and shake right fore finger three times in rhythm with the music.

11 & 12 With a hop change position of feet and arms shaking left fore-finger three times.

13 & 14 Same as 9 & 10.

15 & 16 Close feet and bow.

LESSON 7

1 – MARCHING AND RHYTHMICS -- "SKIPPING".

Skipping:- Raise right knee while hopping once with the left foot - 1, then step forward and hop with the right foot while raising the left knee - 2.

Alternate eight marching steps forward with eight skipping steps forward.

Later reduce the number of steps from eight to four; also substitute "marching in place" for the marching forward.

2 – SONG GAME -- "OLD SAINT NICK"

For music and activity see page 15.

3 – MIMETIC EXERCISES –

a – RINGING THE CHURCH BELL –

Stretch upward to grasp the rope. Pull on the rope by bending both arms and both knees; then stretch again. Repeat this bending and stretching many times in rhythm.

b – BOW LIKE A COURTIER, CURTSY LIKE A LADY –

Boys stand with heels together. Bend trunk forward, left arm bent and in rear of body, right arm swings sideward and then bent until hand is in front of the chest.

Girls place right foot six inches to the rear, grasp skirt with both hands (one on each side) and bow forward at the same time turning the head slightly to the right.

4 – ACTION STORY -- "CHRISTMAS DREAM" –

a – Introduction.
'Tis Christmas Eve. The moon is shining outside over the snow covered ground. The little girl is sound asleep in her little bed – and dreams –

b – Hears tapping on door.
Left hand represents the door, knock on door with right.

c – Child opens the door and finds a beautiful bird.
Show surprise and delight; indicate various parts of the bird, such as eyes, head, legs, etc. etc.

d – Bird invites child to take a ride.
Hop on bird's back and straddle the bird.

e – Bird flies away.
Swing arms in side-position imitating the flapping of wings.

f – Bird stops at a large and beautiful mansion.
Child is amazed at the splendor and wonderful surroundings.

g – Child enters the building and finds it is Santa's House.
Step cautiously with many expressions of surprise.

h – Child rides on rocking horse, blows trumpet, rocks the doll, beats a drum, etc. etc.
Suit action to the words.

i – Child awakens to find it is Christmas Morning and that Santa has left a beautiful tree.
Show surprise and joy.

j – Christmas Carol.
Sing "Here We Go Round The Christmas Tree".

5 – GAME – "WEATHER VANE"

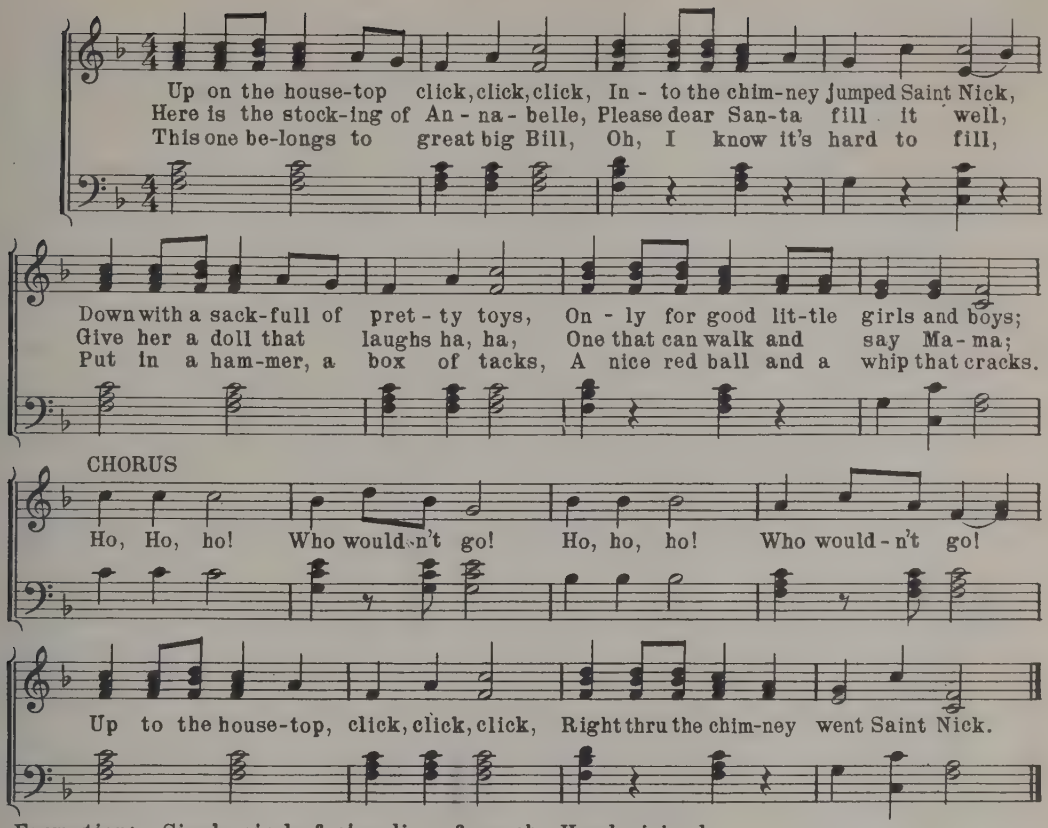
Children stand in aisle between the desks if in schoolroom, or in "open formation" if in hall, auditorium or gymnasium, with arms extended sideward. The right hand represents the head of the arrow and the left hand the tail.

When the leader says, "The wind blows from the north", all turn quickly so their right arms point to the north. In like manner the other points of the compass should be named, even using "north-east," "north-west," etc.

When the leader calls "whirlwind," all run lightly around row of desks or up and down a given lane.

OLD SAINT NICK

Arr. W. A. O.


Up on the house-top click, click, click, In - to the chim-ney jumped Saint Nick,
Here is the stock-ing of An - na - belle, Please dear San-ta fill it well,
This one be-longs to great big Bill, Oh, I know it's hard to fill,
Down with a sack-full of pret - ty toys, On - ly for good lit-tle girls and boys;
Give her a doll that laughs ha, ha, One that can walk and say Ma - ma;
Put in a ham-mer, a box of tacks, A nice red ball and a whip that cracks.
CHORUS
Ho, Ho, ho! Who would-n't go! Ho, ho, ho! Who would - n't go!
Up to the house-top, click, click, click, Right thru the chim-ney went Saint Nick.

Formation:— Single circle facing line of march. Hands joined.

First Verse.

Meas. 1 & 2 - Walk seven steps forward.
3 & 4 - Four jumps forward.
5 & 6 - Face center, make chimney with arms and slowly bend the knees.
7 - - - Straighten knees, bend trunk forward (placing bag on floor.)
8 - - - Straighten trunk, then bow.

Chorus.

Meas. 1 & 2 - Join hands, then face line of march and skip forward seven steps.
3 & 4 - Face in opposite direction without releasing hold of hands and skip seven steps forward (returning to original place.)
5 - - - Face center, raise knees four times.
6 - - - Snap fingers three times overhead.
7 & 8 - Bend knees slowly, make chimney with arms, and straighten knees on last count.

Second Verse.

Meas. 1 & 2 - Face center of circle. Show length of small stocking (one hand above the other in front of body.)
3 & 4 - Bend and straighten knees twice, filling the stockings.
5 & 6 - Face line of march. Seven steps forward, stiff like a doll.
7 & 8 - Face center, blink eyes and nod head four times.

Chorus: Repeat chorus of first verse.

Third Verse.

Meas. 1 & 2 - Face center of circle. Show length of big stocking.
3 & 4 - Rise high on toes to fill big stocking.
5 & 6 - Imitate driving (pounding) of tacks by striking fists together.
7 - - - Bounce ball.
8 - - - Swing right arm sideward (to crack whip) and clap hands once (crack of whip.)

Chorus: Repeat chorus of first verse.

LESSON 8

1 – MARCHING and RHYTHMICS –

Review activities of previous lessons.

2 – SONG GAME – "SLEIGH BELLS"

For music and activity see page 17.

3 – MIMETIC EXERCISE – "JUMP LIKE JACK IN THE BOX"

Bend knees half deep, hands in front of chest with elbows pressed close against the body. Upon the word "jump" spoken by the teacher or the leader, all jump upward. Emphasize the stretching of the entire body rather than a high jump. Jump lightly and on both feet.

Turn the box to various points of the compass.

4 – ACTION STORY – "SNOW BATTLE".

a – Army advances to battle ground –

March through fields of deep snow (In schoolroom every two rows of children will march around one row of desks; in the gymnasium the children may march in a large circle or a square).

b – Building the fort.

Shovel snow into big mounds. Bend and turn trunk taking the snow from right and from left side.

c – Make the wall solid –

Pat the snow with the shovel, then build higher and higher, as high as one can reach.

d – The battle –

Arrange children in two concentric circles (the inner one small, and the outer circle large). The small circle represents those within the fort, the outer circle is the "attacking" party and throws the first volley of snowballs.

After ther first volley each side throws only upon command of its leader and dodges when the opponents throw.

Or it may be throw and dodge ad libitum.

Or alternate the throwing and dodging in rhythm to the tune of some national air.

e – Truce is called –

The teacher gives the signal to stop throwing and declares "honors are even."

f – Jollification –

The two sections skip toward each other and each child finds a partner; then skip in a small circle celebrating the happy termination of the battle.

g – Return to homes –

Walk home through deep snow. Raise the knees high and take long strides.

5 – GAME – STAKE GUARD.

Draw two circles from the same center, one five feet and the other fifteen feet in diameter. In the center of the circles place a low stool or a small box and on this put an eraser. One player is appointed to guard this stake and takes his place anywhere within the 15 foot circle.

The players outside of the 15 foot circle enter and endeaver to knock the eraser off of the stool or box without being tagged by the guard.

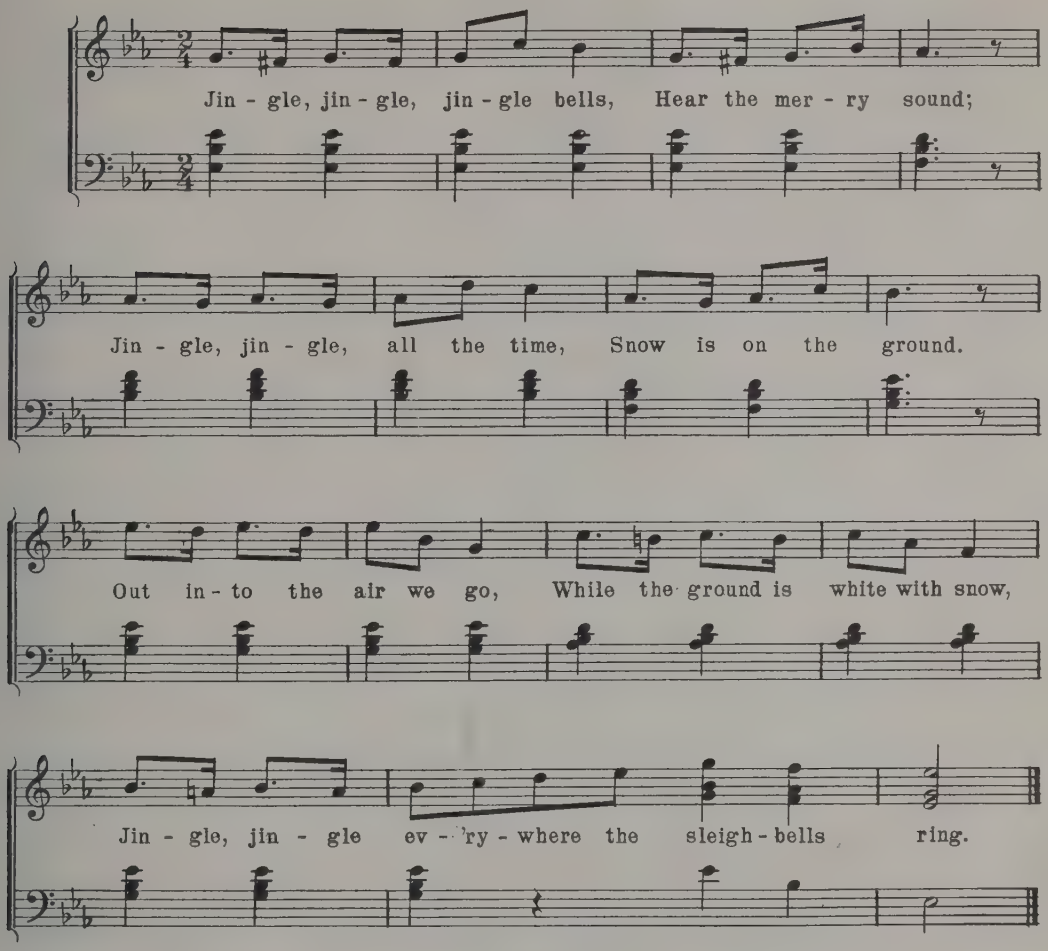
The guard may not leave the 15 foot circle in pursuing a player, neither may he step into the 5 foot circle. He cannot tag a player unless the stake is in proper position.

Any player tagged within the circle retires from the game. When five players have been tagged or eliminated from the game by one guard the game is terminated. The teacher then appoints a new guard for the next game.

Variation – Players or the guard may be required to hop on one foot (or to skip, or to gallop sideways) while within the large circle.

SLEIGH BELLS

Arr. W. A. O.


Jin - gle, jin - gle, jin - gle bells, Hear the mer - ry sound;
Jin - gle, jin - gle, all the time, Snow is on the ground.
Out in - to the air we go, While the ground is white with snow,
Jin - gle, jin - gle ev - 'ry - where the sleigh - bells ring.

Formation:— Large circle, facing center. Hands joined.

Meas. 1 - 3 Without releasing hold of hands face left and skip forward six steps.
Meas. 4 Face right about without releasing hold of hands.
Meas. 5 - 7 Skip forward in new direction, six steps
Meas. 8 Face center of circle in 3 running steps. halt on 4th.
Meas. 9 - 10 Walk three steps forward and close heels.
Meas. 11 - 12 Walk three steps backward and close heels.
Meas. 13 - 14 Release hold of hands and raise arms slowly to a circle over head shaking the hands (jingling the bells.)
Meas. 15 - 16 Lower the arms and bow to center of circle.

LESSON 9

1– MARCHING AND RHYTHMICS – "GALLOP HOP"

Gallop-hop:- Same as "closing-step sideward" hopping instead of stepping.
Alternate eight marching steps forward with eight gallop-hops sideward.
Later change the eight to four steps and four hops.

2– SONG GAME – "WINTER TIME"

For music and activity see page 19.

3– MIMETIC EXERCISES –

a– STRONG MAN LIFTING WEIGHTS –

Stand with feet apart (side-stride position).
Bend trunk forward and grasp "heavy iron dumbbell" with both hands.
Lift slowly to right shoulder.
Release left hand and place same on left hip; then slowly push right arm upward, bending the trunk to the left.
Lower the weight just as carefully.

Then repeat, pushing up with the left arm.

b– SHOOTING WITH BOW AND ARROW –

Stand with left foot forward front stride position.)
Hold bow with the left hand and draw backward with the right.
Turn or twist body to the right.
At signal from the teacher "shoot the arrow" by quickly straightening the right arm forward and clapping hands as it passes the left hand.
Shoot in many directions such as right, left, east, west, high, low, etc.

4– ACTION STORY – – "WINTER"

a– Dark night, wind blowing.
With twisting of body swing both arms from right to left imitating "waves" of wind and exhale forcibly to represent the howling of the wind.

b– Children sound asleep.
Knees bent, sit on heels and rest head on hands.

c– Snow flakes falling.
Awaken, rise, swing arms upward, lower the arms slowly and let hands "flutter."

d– From behind the clouds the sun is peeping.
Swing arms upward, look at sky and stretch.

e– Children get ready to go out.
Put on coats, hats and overshoes, suiting action to the words.

f– Shovel snow.
Dig into snow, and throw first left and then right; keep in rhythm.

g– Wade in snow.
Step forward with high knee raising.

h– Getting cold.
Turn up coat collars; pull cap over ears; warm hands by slapping body and jump around to warm feet.

i– Make snow balls.
Stoop, take handful of snow and mold same into a ball.

j– Throw snow balls.
Throw "ad libitum" or at designated objects.

k– Run home.
Run, hop, or skip.

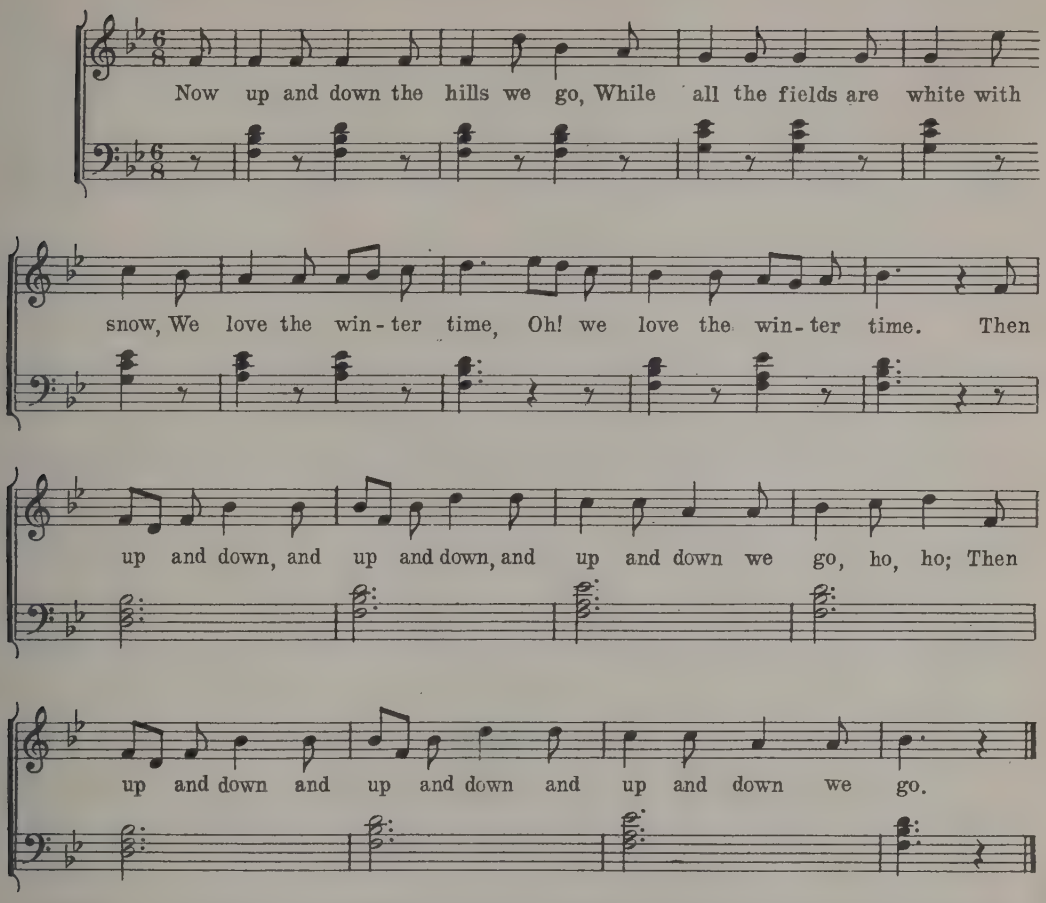
l– Rest.
Relax by standing "at ease" or if in schoolroom by resting head on arms while sitting in seat.

5– GAME – – "LAME DUCK TAG"

Children may be scattered over entire room. To avoid being tagged the child must stand or hop on one foot while holding the other foot in one hand. As soon as the "tagger" moves away the foot may be lowered but must immediately be raised again if the tagger returns.

WINTER TIME

Folk Song — Arr. W. A. O.


Now up and down the hills we go, While all the fields are white with
snow, We love the win-ter time, Oh! we love the win-ter time. Then
up and down, and up and down, and up and down we go, ho, ho; Then
up and down and up and down and up and down we go.

Formation — Children are arranged in groups of threes; these groups form a large circle (see diagram). Two children of each group, Nos. 1 and 2, represent the reindeers. They face each other and join both hands. No. 3 is the driver and faces the line of march. He grasps the "near" arms of Nos. 1 and 2.

THE ACTIVITY.

Meas. 1 to 8: — Children numbered 1 and 2 gallop sideward in line of march, while No. 3 gallops forward. Do not release hold.

Meas. 9 to 12: — Each group releases hold and regrasps forming a small circle of threes. Then without releasing the new hold face left and take four closing steps forward.

Meas. 13 to 16: — Face about (without releasing hold) and repeat four closing steps forward.

LESSON 10

1– MARCHING AND RHYTHMICS–

Review activities of previous lessons.

2– SONG GAME––"EXERCISE."

For music and activity see page 21.

3– MIMETIC EXERCISE––"STAND LIKE A GENERAL" and "SALUTE THE FLAG."

Stand erect, feet together, chest high, chin in.
When in good position salute with the right hand.

4– ACTION STORY––"PAUL REVERE'S RIDE."

a– Paul Revere rows to shore.
Rowing movement; get good chest expansion.

b– The friend hears the tramp of feet.
March in place.

c– The friend climbs to tower of church.
Climb ladder - high knee raising; use hands also.

d– Disturbs the pigeons which then fly away.
Flying movement of arms.

e– He pauses to listen, then looks down and around.
Trunk twisting with turning head and hand at ear; trunk bending forward and shading eyes with hand.

f– Hears night wind creeping along.
Deep breathing; exhale with an eerie - like whistle.

g– Hangs first one lantern then another.
Suit action to the words.

h– Paul Revere jumps on horse and gallops away.
Gallop with high knee raising.

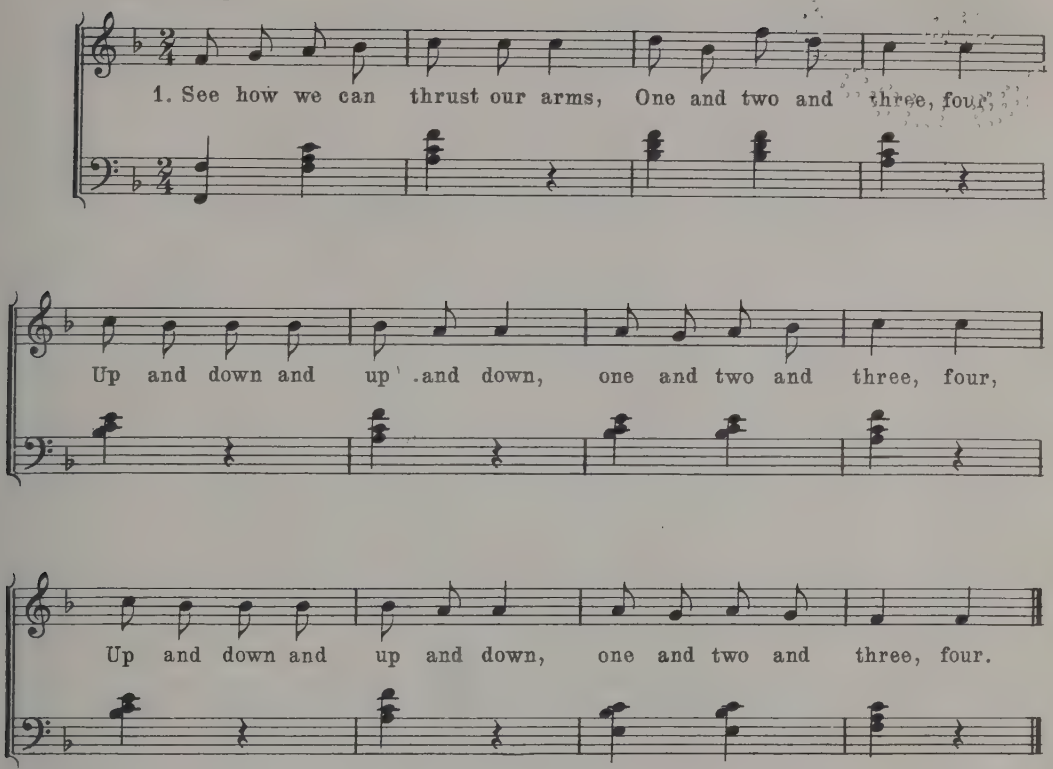
5– GAME–"HOUND AND SQUIRREL."

Each four players form a circle with hands on neighbor's shoulders. They represent a hollow tree. A fifth player stands in the center of each circle and is called a squirrel. One extra squirrel is to be pursured by another player known as the hound. The extra squirrel may avoid being caught by entering any circle (hollow tree.) As only one squirrel may be in a tree the first occupant must leave and seek another tree for shelter. Whenever a squirrel is tagged by the hound, the two players immediately change names so that the one pursued then becomes the pursuer

EXERCISE

Arr. W. A. O.

Folk Song


1. See how we can thrust our arms, One and two and three, four,
Up and down and up and down, one and two and three, four,
Up and down and up and down, one and two and three, four.

2— See how we can bend our trunk, etc. (bend or lower the trunk forward. Also sideward.

3— See how we can raise our knees, etc. etc.

4 See how we can turn our trunk, etc. etc.

5— Other activities, such as nodding and turning the head, bending the knees, and rising on toes, may also be used.

LESSON 11

1– MARCHING AND RHYTHMICS– –"THREE STEPS AND CLOSE."

Walk three steps forward (beginning left, then right, then left) and close with a stamp of the right foot (1-4).
Same beginning with the right foot.
Same beginning with the left foot (1-4) then beginning with the right foot(5-8).
Later omit the stamp but close heels with a "snap."

2– SONG GAME– –"POP GOES THE WEASEL."

For music and activity see page 23.

3– MIMETIC EXERCISES– –

a– MOTORMAN'S WINTER EXERCISE–

Raise arms sideward (stretch well) then swing inward crossing arms in front of chest and slap body with both hands simultaneously. Swing outward again and repeat.

b– SEE SAW–

With arms extended sideward bend trunk to the left, then to the right, repeating many times. Sing or hum the tune "See Saw" or any other appropriate melody in $\frac{3}{4}$ rhythm.

4– ACTION STORY– –"IN THE FROZEN NORTHLAND."

a– Two hunters were camping in the Polar regions. To keep warm they built a fire.
Collect twigs, saw and chop wood for the fire.

b– They found a secluded spot where they could sleep and be protected from the howling wind.
Squat down; imitate howling wind by forceful exhalations.

c– Ferocious animals, resenting man's intrusion, surrounded them but were afraid to attack the hunters because of the fire.
Imitate walk of various wild animals.

d– As long as the fire was kept burning the hunters could sleep in peace at night, but one day one of them became ill, and the other, over-tired from the double duty, fell asleep and failed to add enough wood to the fire and so it almost went out.
Stoop, pick up wood and put it on the fire; then sit on heels, rest head on hands and sleep.

e– Wild animals, encouraged by the absence of the flame, hold council to decide method of driving the intruders away.
Shake and nod head, stalk about and growl like animals.

f– A stork, whose life had been spared by the hunters, recognizes the danger and, seeing a few smoldering embers, brings twigs of wood and by fanning with his wings, rekindles the fire.
Imitate walk of stork, also flying and the flapping of huge wings.

g– Stork is very tired from such unusual exertion.
Deep breathing and rest.

h– Stork flies away in search of other opportunities to spread joy and happiness.
Run and imitate flying movements.

5– GAME– PASS BALL

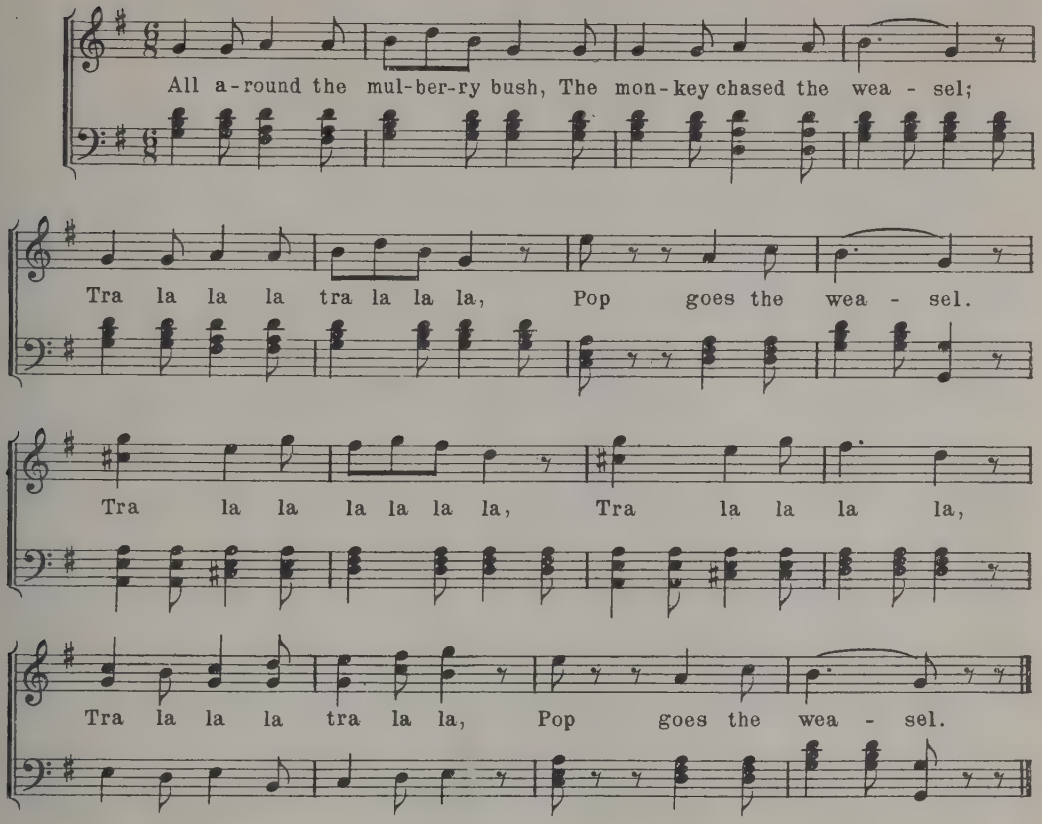
Children are divided into several rows and stand "side by side" with a distance of 4 or 5 feet between neighbors in each row.
Number one, the first pupil in each row, has a volley ball and holds it with both hands in front of and close to his chest.
Upon the signal "go," given by the teacher, he turns to No. 2 (the second pupil in line) and throws the ball to him.
Number two, upon catching the ball quickly turns to No. 3 (the next pupil) and throws the ball to him and so on down the entire line.
When the last player in the line receives the ball he holds it high over his head to indicate completion of the trip.
The row finishing first wins the race.

NOTE:– Throw and catch the ball with both hands.
Every player in the line must catch and throw the ball; there must be no skipping of a player.
If the ball falls to the floor, the player who missed the catch must secure the ball and throw it to his neighbor after he returns to his place in line.

POP GOES THE WEASEL.

Victor Record #17160

Arr. W. A. O.


All a-round the mul-ber-ry bush, The mon-key chased the wea - sel;
Tra la la la tra la la la, Pop goes the wea - sel.
Tra la la la la la la, Tra la la la la,
Tra la la la tra la la, Pop goes the wea - sel.

Formation:- Double circle, facing line of march. Hands at waist.

1– Measure 1. Step left forward (1), point right foot forward (2)

2– Measure 2. Step right forward (1), point left forward (2).

3– Measures 3 and 4. Repeat 1 and 2.

4– Measures 5 and 6. Repeat 1 and 2 closing heels instead of pointing on last count.

5– Measures 7 and 8. With clapping hands once (on the word "Pop") hop or jump with $\frac{1}{4}$ turn to face partner and then with left hand under right elbow shake finger at partner three times in rhythm with the music.

6– Measure 9. From "arms to thrust" lower the trunk forward and thrust arms downward - 1; straighten trunk - 2.

7– Measures 10 - 14. Repeat trunk bending once for each measure.

8– Measures 15 and 16. With clapping hands once, hop or jump with $\frac{1}{4}$ turn to face line of march again and then three steps in place (mark time) closing heels on last count.

LESSON 12

1 – MARCHING AND RHYTHMICS –

Review activities of previous lessons.

2 – SONG GAME - - "POSTURE DRILL."

For music and activity see page 25.

3 – MIMETIC EXERCISE – "SWAYING TREES."

Stand tall like beautiful pine trees, arms extended upward; then, first on command and later in rhythm, sway (bend) the trunk from side to side. Rest occasionally and let the leaves flutter to the ground (lower the arms slowly while moving the fingers quickly).

4 – ACTION STORY – "THE OWL FAMILY".

a – All day the owl sleeps with his head tucked under his wings.
Hands on shoulders with elbows down and close to the body. Lower head left and raise left elbow to simulate tucking head under wing. Eyes are closed.

b – Thus he sleeps his forty winks and at the least noise changes wings.
Open eyes, blink, and return to sleep with head under the right wing.

c – If during the day he is awakened from his sleep, he opens his big eyes to see what is going on about him.
Make "big eyes" with hands, turn head left, then right (searching for the cause of the disturbance).

d – When he has had his sleep and the big silver moon is in the sky he stretches his wings.
Straighten arms obliquely side-upward and lower several times (stretch well).

e – When thoroughly awakened he flies from his hollow tree to see and to hoot at the moon.
Run eight steps forward then face about in four running steps while hooting four times. Repeat several times.

f – The exercise gave him an appetite; he craves a field mouse for dinner, hence goes to the grain field to catch one.
With "wings tucked in" slowly bend both knees (makes himself as small and as invisible as possible). Rise and repeat several times.

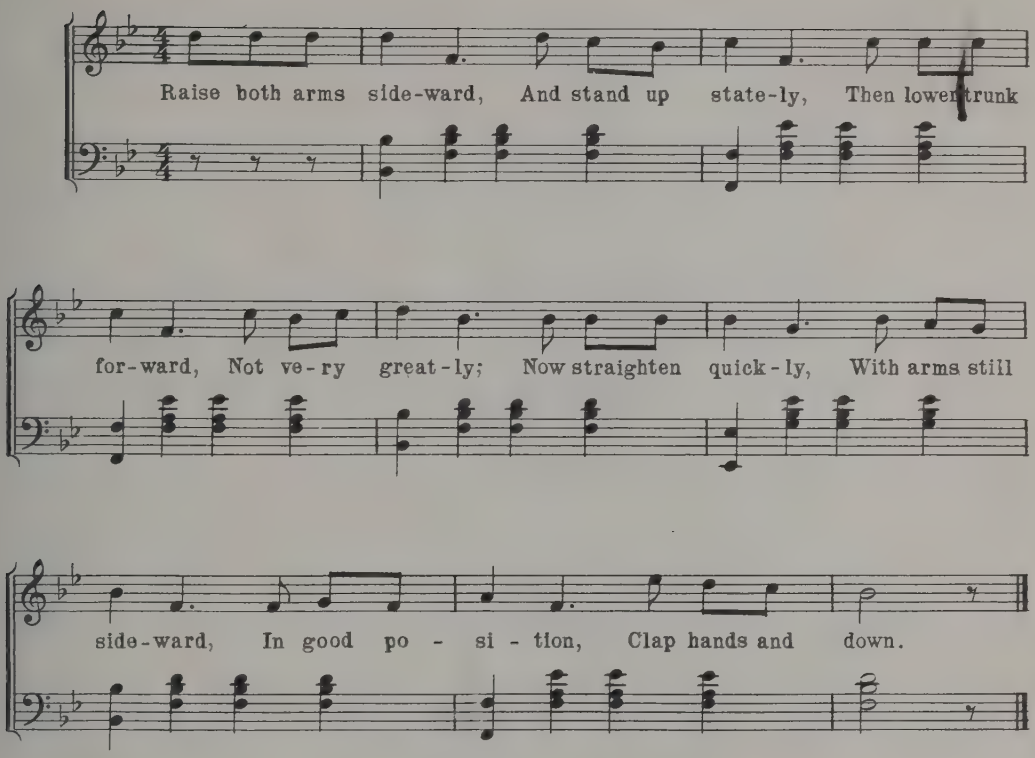
g – He spies the mouse and pounces upon him; thus he helps the farmer to raise the wheat for our bread.
Rise sufficiently to jump forward (lightly on toes) into the deep knee bend or squat position.

5 – GAME – "FROG IN THE SEA".

One player is chosen to be the frog; he sits on the floor with his legs crossed. To avoid soiling the clothes let frog sit on a rug, a large piece of card - board, newspaper or a mat. The other players form a circle around the frog. Circle should be small (10 to 12 players); if there are more players form several circles with a frog for each circle. The players join hands and circle around the frog chanting "Frog in the sea, can't catch me." If frog tags a player he exchanges places with him. Frog must not rise or uncross his legs.

POSTURE DRILL

Arr. W. A. O.


Raise both arms side-ward, And stand up state-ly, Then lower trunk
for-ward, Not ve-ry great-ly; Now straighten quick-ly, With arms still
side-ward, In good po - si - tion, Clap hands and down.

Formation:- Either circle or rows in open order.

NOTE— Take each position indicated as quickly as possible; hold it as long as the words and music will permit.

Meas. 1 & 2 Arms sideward— get good posture.

Meas. 3 & 4 Lower the trunk forward— Chest and head "up."

Meas. 5. 6. and part of 7— Straighten the trunk — stretch well.

Meas. Part of 7— Clap hands once.

Meas. 8— Bow.

LESSON 13

1.– MARCHING AND RHYTHMICS – STEP AND CURTSY.

Children are arranged in "couple formation" with hands on hips or "at waist." In line of march 8 steps forward (1–8); step sideward away from partner (9), curtsy (10), step toward partner (11), and curtsy (12); repeat the sidestepping and curtsying (13-16). Have children begin the forward marching with the "outer" foot. Exercise in rhythm to the tune of "Comin' thru the Rye" and let children hum the melody.

2 – SONG GAME--"BUCKLE MY SHOE"

For music and activity see page 27

3 – MIMETIC EXERCISES –

a – CRANKING THE AUTOMOBILE; first with right hand and then with the left.

1 – Crank a "quarter-turn." Stand with feet apart, bend forward and grasp handle of the crank (see that the thumb is above the handle - the thumb and first finger must not form a circle around the handle) - 1; Lift, pull hard on handle while straighening trunk – 2; Repeat often.

2 – Spin the motor with the crank. – Stand with feet apart, bend slightly forward and describe large circles with the hand.

b – PUMPING AIR INTO A TIRE –

Stand with feet apart, stoop forward and grasp tire-pump handles with both hands. Straighten trunk partly and bend arms until hands are in front of chest - 1; Lower trunk and push downward (vigorously) – 2. Repeat often.

4 – ACTION STORY--"IN THE WHEAT FIELD."

a – Seeds sleeping in the ground.
Sit on heels and rest head on the hands.

b – Seeds start to grow.
With arms bent, elbows at the side and forearms vertical, gradually rise by little jerks.

c – Stalks sway in the wind.
With arms upward or sideward sway trunk from one side to the other.

d – Rabbit hops around under the tall wheat.
With arms held as fore-paws hop forward on two feet almost but not absolutely simultaneously.

e – Rabbit digs hole in ground.
Stoop slightly forward and run in place moving the hands in rhythm with the feet.

f – Farmer cuts wheat.
Trunk twisting with swinging the arms from extreme left to extreme right (using a scythe).

g – Binds wheat into bundles.
Every four pupils join hands, form a circle and close into "sheaves" or bundles of wheat.

h – Frolic of the Wheat.
Without releasing hold of hands, face and skip around in a small circle.

i – Sun dries the wheat making the bundles smaller and lighter.
Swing arms side-upward, then slowly bend knees and lower the arms passing close to the body.

j – All ready to be made into flour.
Jump up and run (lightly) to the mill.

5 – GAME – – "The Knight, Sir Albion."

Two goals, one at each end of the play-space, are provided. One of these is called the Village and the other the Castle.

One player is chosen or appointed as Sir Albion, an important knight who wishes to travel from his castle to the village without being annoyed by the people roaming between these two places. He is therefore accompanied by two attendants or guards whose duty it is to see that no one touches the knight.

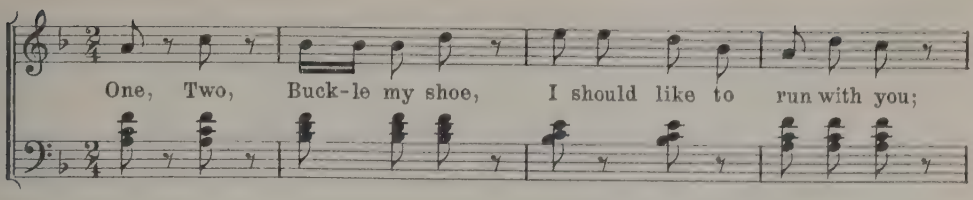
The attendants (guards), one on each side of the knight, join hands with him during his journey.

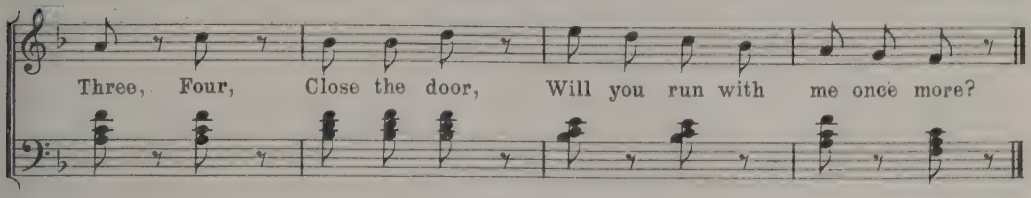
The other players endeavor to touch or tag the knight without themselves being touched or tagged by either of the guards.

Any player succeeding in touching the knight without himself being tagged by either of the attendants may exchange places with the knight and choose two players as his or her attendants and then endeavor to journey from the castle to the village.

BUCKLE MY SHOE

Arr. W. A. O.





Formation:- Double circle, partners facing each other. Hands on hips.

	Song.		Activity.
1–	One, Two, Buckle my shoe,	1–	One closing step sideward in line of march and return.
2–	I should like to run with you;	2–	Run in place.
3–	Three, Four, Close the door,	3–	One closing step sideward in opposite direction of line of march and return.
4–	Will you run with me once more?	4–	Run in place.
5–	Five, Six, Our clock ticks,	5–	Same as 1.
6–	Let us try a few more tricks,	6–	Partners join both hands and change places while skipping.
7–	Seven, Eight, Don't be late,	7–	Same as 3.
8–	Skipping at a lively rate,	8–	Same as 6, partners returning to their own places.
9–	Nine, Ten, Ring "Big Ben,"	9–	Same as 1.
10–	We will stop our playing then,	10–	Partners lock right arms and skip once around in a circle.
11–	Eleven, Twelve, Watch us delve,	11–	Same as 3.
12–	Into work like little elves.	12–	Same as 10.

LESSON 14

1– MARCHING AND RHYTHMICS–

Review activities of previous lessons.

2– SONG GAME–– "LOVELY SPRING."

For music and activity see page 29.

3– MIMETIC EXERCISE–– "HIGH STEPPING HORSES."

With hands on hips, walk forward with high knee raising.

4– ACTION STORY–– "TELEPHONE POLE"

a– Going to the woods.
With axe over shoulder walk, run, hop, or skip around seats (if in school room) or in a circle (if in corridor or a gymnasium).

b– Looking for tall straight trees to cut.
Turn head to the left, then to the right, then lower the head backward and look upward. Imitate tall and straight trees by stretching and standing tall and straight.

c– Felling the tree.
Stand with left foot forward and grasp axe with both hands. Raise it over the right shoulder and then swing it downward and forward. Repeat many times chopping in rhythm.

d– Remove the branches and the bark.
Stand with feet apart (straddle the tree) and chop downward with short strokes while the body is inclined forward.

e– Sawing the branches into fire-wood.
Put one foot on the seat (saw-buck) and then with big saw held in both hands bend forward and push arms downward, then straighten body and pull arms towards the chest.

f– Stacking or piling the fire-wood.
Stoop, pick up an armful of wood and pile it into neat stacks.

g– Lift heavy telephone pole and place on wagon.
Bend forward, grasp pole with both hands, lift and load on wagon.

h– Drive to town.
Run around desks to seats, or, if in corridor or gymnasium, run in a large circle until the command "halt" is given.

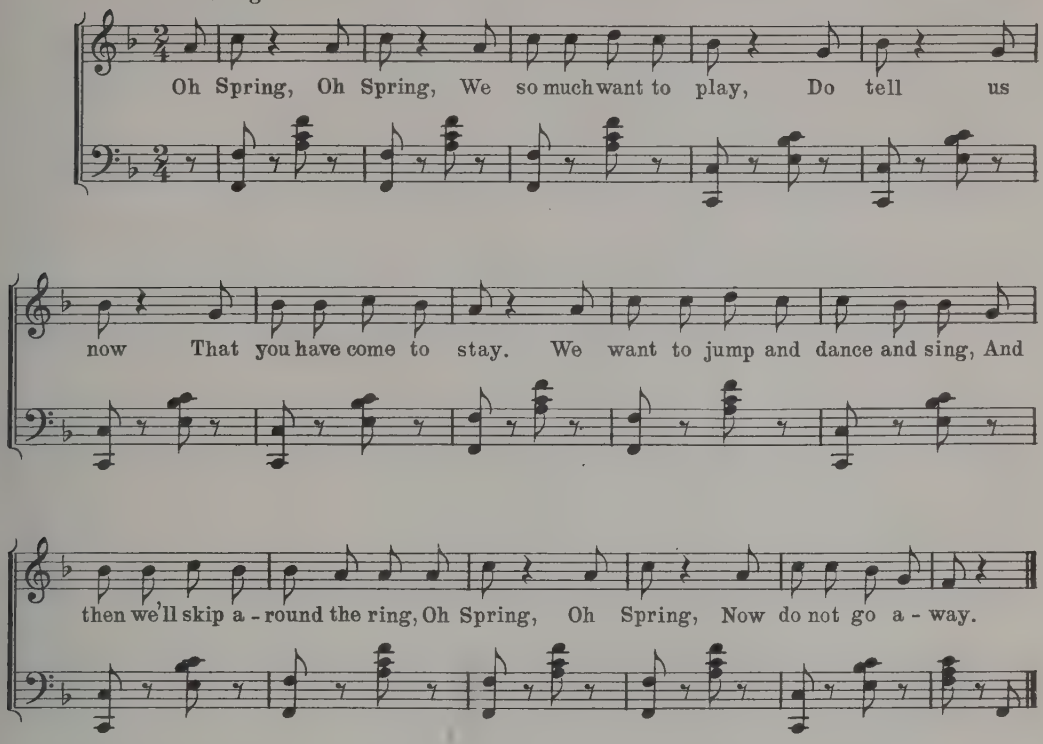
5– GAME–"CHINESE WALL."

Construct a lane ten feet wide in the middle of the playing space. This lane represents the Chinese Wall. All players but one are on one side of this wall. The one player, known as "Guard" patrols this wall to prevent trespass. At a signal from the teacher all players endeaver to cross the wall without being tagged by the guard. All players tagged become assistants to the guard and help him catch the other players. The game continues until all have become guards. The last one caught starts the game anew by being the first guard.

LOVELY SPRING

Arr. W. A. O.

Folk Song


Oh Spring, Oh Spring, We so much want to play, Do tell us
now That you have come to stay. We want to jump and dance and sing, And
then we'll skip a - round the ring, Oh Spring, Oh Spring, Now do not go a - way.

Formation:- Double circle, partners facing each other. Hands on hips.

	Song.		Activity.
1–	Oh Spring,	1–	Place left foot forward.
2–	Oh Spring,	2–	With a hop change position of feet.
3–	We so much want to play,	3–	Change position of feet three times in rhythm with the music.
4–	Do tell, us now, That you have come to stay.	4–	Repeat 1- 2 and 3 beginning with the opposite foot.
5–	We want to jump and dance and sing,	5–	Join both hands with partner and 4 gallop hops sideward in line of march.
6–	And then we'll skip around the ring,	6–	Repeat 5.
7–	Oh Spring, Oh Spring, Now do not run away.	7–	Repeat 1- 2 and 3.

LESSON 15.

1– MARCHING AND RHYTHMICS – – "ENCIRCLING PARTNER."

Children are arranged in couple formation, facing line of march, inner hands grasped and outer hands "at waist" or on hips.

In line of march walk eight steps forward (1-8), then while one pupil marches eight steps in place the partner "circles around him" in eight skip steps (9-16).

2– SONG GAME – – "HUMPTY DUMPTY."

For music and activity see page 31.

3– MIMETIC EXERCISES – –

a– WINDMILL

Stand with feet apart, the left foot about ten inches in front of the right. Left hand on hip. Swing the right arm at full length to describe large circles imitating the wheel of the windmill. Swing several continuous circles without stopping and not necessarily in rhythm.

Same with the left arm after changing position of feet.

b– SKIPPING WITH LONG ROPE–

Hop "in place" on both feet- the first hop high enough to permit imaginary rope to pass beneath the feet and the second hop high enough to maintain the necessary rhythm of the swinging rope. Insist upon hopping "on toes" and "proper knee flexion."

4– ACTION STORY – – A BASEBALL GAME.

a– Baseball team runs out to the field.
Run lightly either in place or forward.

b– Pitcher holds ball, then pitches.
Hold imaginary ball in front of chest with both hands; swing right arm downward and backward; then with a long sweep forward, pitch the ball while stepping forward with the left foot.

c– Catcher receives (catches) the ball.
Stand with knees slightly bent, knees apart; hands resting on knees. At signal he "cups" his hands to receive the ball and then claps his hands to represent catching the ball.

d– Batter strikes at ball three times.
Batter stands with feet slightly apart, bat in hand tapping the home plate; on signal he raises bat over right shoulder and swings forcefully at the pitched (imaginary) ball.

e– Knocks home run.
Run lightly (in form of a square if possible).

f– Watchers (baseball fans) are overjoyed.
Jump up and down several times clapping hands in rhythm with the jumping.

g– Fielder catches a "grounder."
Feet separated, bend forward and "scoop" ball as it rolls toward you.

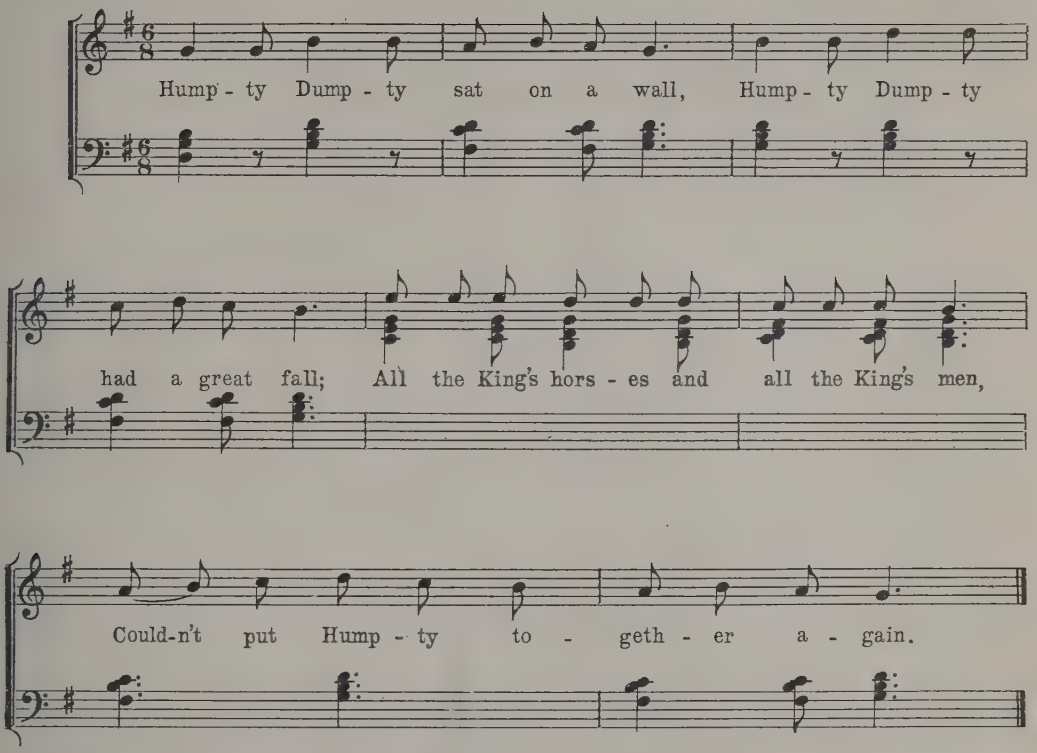
h– Game is over.
Stretch, then walk home or to the cars.

5– GAME – "PULL OVER"

Divide the class into two teams of equal size. Draw a line across the middle of the playfield. Place one team on each side of this line. Have as much distance between players on each side as possible. The object of the game is to pull the opponant "over" the line. Players thus forced over the line are prisoners and must not take further part in the game until the teams are re-arranged. The side having the greatest number of players and prisoners after a limited time (2 to 5 minutes) wins the game.

HUMPTY DUMPTY

Mother Goose Arr. W. A.O.


Hump - ty Dump - ty sat on a wall, Hump - ty Dump - ty
had a great fall; All the King's hors - es and all the King's men,
Could-n't put Hump - ty to - geth - er a - gain.

Formation — Circle, or Rows in open order.

SONG	ACTIVITY
1 — Humpty Dumpty	1— One step forward and close heels.
2 — Sat on a wall,	2 — Bend knees deeply and straighten.
3 — Humpty Dumpty	3 — One step forward and close heels.
4 — Had a great fall;	4 — Same as 2 preceded by a slight jump forward or sideward.
5 — All the King's horses	5 — Describe a horizontal semi-circle with the right arm beginning from in front of the body until the arm is extended sideward (indicating vast fields of pasture filled with horses). Hold arm position sideward.
6 — And all the King's men	6 — Same with the left arm. (Both arms are then sideward).
7 — Couldn't put Humpty	7 — Drop both arms gracefully.
8 — Together again.	8 — Raise and clap hands in front of chest.

LESSON 16

1 – MARCHING AND RHYTHMICS–

Review activities of previous lessons.

2 – SONG GAME - -"LITTLE FAIRIES".

For music and activity see page 33.

3 – MIMETIC EXERCISE–"TENNIS".

"Serving"– Stand with feet slightly apart, left foot in front. Hold tennis racket in right hand and tennis ball in the left. Toss ball upward about the height of head and bat it with the tennis racket. Use what is commonly termed the "over - head stroke".

4– ACTION STORY - -"LITTLE BOY BLUE".

Formation of class – Single circle, with children arranged in partners (couples), all facing center of circle.

a – Little Boy Blue,
Stand at "attention" and salute with the right hand.

b – Come blow your horn,
Stoop, pick up horn, arise and blow horn holding same with both hands (head tilted backward and elbows raised).

c – The sheep are in the meadow
Walk four steps forward (toward center of circle) and blow horn on the fourth step.

d – The cows are in the corn.
Turn about and walk four steps forward (return to own place in the circle but facing outward (away from center).

e – Where's the little boy that takes care of the sheep?
Shade eyes with one hand, turn slowly about (towards center of circle) and pretend to be looking for the "little boy."

f – Why he's under the haycock, fast asleep (show surprise).
Boys of the class stoop and assume sleeping position (rest head on hands) while the girls with eyes shaded with one hand, turn toward the boys (partner) and pointing with finger discover them asleep "under the hay-cock."

g – Will you awaken him?
Boys continue sleeping. Girls run in front of partners and, facing them, shake finger at them.

h – No, not I,
Girls shake head in negation; boys continue to sleep.

i– For if I do he'll be sure to cry.
Girls cry (hands at eyes) and return disappointed to their places in the circle.

j– Toot, toot, toot.
Teacher blows horn, boys awaken and arise; girls cease crying.

k– Happy because Little Boy Blue has been found.
Skip with partner in a small circle or some other method of expressing joy.

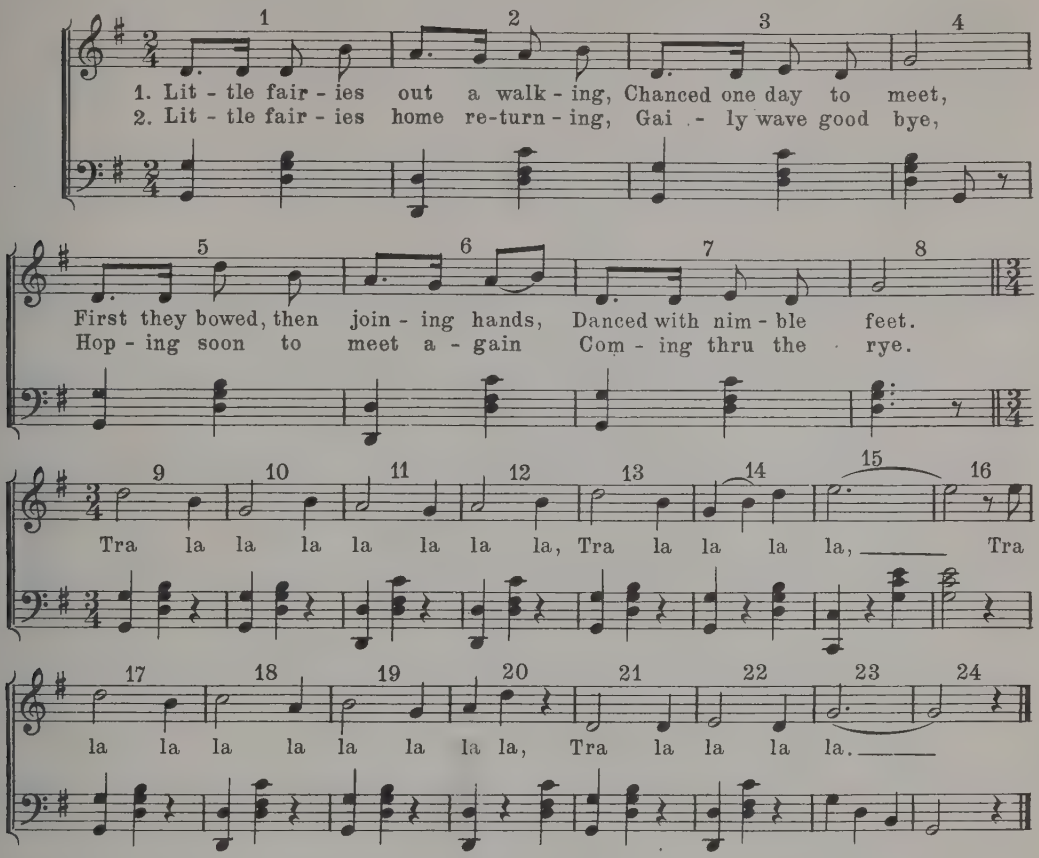
5 – GAME - - HAVE YOU SEEN MY SHEEP?

Players form a single circle facing center. One player is chosen as the "shepherd". He goes around the outside, taps a player on the back, and asks, "Have you seen my sheep?" The player asks "How is he (she) dressed?" The shepherd then tells something of the dress of one of the players in the circle, as, "He wears a white waist and low tan shoes". The player tries to guess who is being described. When he guesses correctly the shepherd says "Yes" and the guesser chases the one described. Both (the one who was described and the one who is to chase him) must run on the outside of the circle. The "chaser" may "cut across" the circle and pass to the outside through the opening left by the one being chased. If the chaser catches the runner before the runner has completed his trip around the circle and landed safely in his own place, the chaser becomes the shepherd; if he does not, the runner becomes the shepherd.

Notice that the shepherd does not run.

LITTLE FAIRIES

Music - Coming Thru the Rye. Arr. W. A. O.


1. Lit - tle fair - ies out a walk - ing, Chanced one day to meet,
2. Lit - tle fair - ies home re-turn - ing, Gai - ly wave good bye,
First they bowed, then join - ing hands, Danced with nim - ble feet.
Hop - ing soon to meet a - gain Com - ing thru the rye.
Tra la la la la la la la, Tra la la la la, Tra
la la la la la la la la, Tra la la la la.

Activity for Little Fairies

Formation - Double circle, partners facing each other.

First Verse.

Meas. 1 – 4 All face left (boys and girls will be facing in opposite direction) and walk seven steps forward (away from partner), close heels and face new partner.

Meas. 5 – 8 Bow (girls curtsy) to new partner, then face line of march; couples join inner hands and place outer hands on hips.

Meas. 9 – 24 Balance-step forward with swinging the inner arms forward and backward in rhythm with the music.

NOTE:- Balance-step is a closing-step with rising on toes as soon as the heels are closed and then lowering the heels on the third count, viz:- Step left forward – 1; close heels with the right and rise on toes – 2; lower heels – 3; same beginning with the right foot 4 – 6.

Second Verse.

Meas. 1 – 4 Boys and girls face as in first verse (in opposite direction) and then using the right hand for waving "good-bye" walk backward seven steps, halt and face regular partner.

Meas. 5 – 24 Same as in first verse.

LESSON 17

1– MARCHING AND RHYTHMICS – "BALANCE STEP SIDEWARD."

Balance-step:– Step left sideward–1; Close heels with the right and rise on toes – 2; Lower heels – 3.

Arrange class in "couple" formation, then in $\frac{2}{4}$ rhythm.

One balance-step sideward away from partner (1–3), one balance-step toward partner (4–6), repeat these two steps (7–12); walk three steps forward, beginning with the outer foot (13–15), point with the inner foot and hold it (16–18), repeat these three steps but begin with the inner foot (19–24).

2– SONG GAME–– SEE SAW.

For music and activity see page 35.

3– MIMETIC EXERCISES–

a– LOCOMOTIVE (Piston rod).

From "arms to thrust" thrust the left arm forward, while returning the left arm thrust the right arm forward and continue this alternate thrusting and say "choo" with every thrust. Very slowly at first (getting started) then gradually increase the speed until the action is very fast.

Later try this thrusting with running in place.

b– CLEARING LAWN OF DANDELIONS.

Step left forward (1), close heels with right foot (2), bend forward and touch floor (picking the flower) – (3), straighten body and put flower into basket formed by bending left arm (4).

Softly hum or play waltz music using one measure of music for each count of activity.

4– ACTION STORY–– VACATION TOURS.

a– In Iceland.

Driving dog-team. Crack the whip. Run lightly but in leaps and bounds.

b– In Holland.

The Windmill. While one hand is "on hip" swing the other arm in a large circle in front of the body. Later change to the other arm.

c– In Scotland.

Highland Fling (without hopping). Place left foot sideward (1), swing left foot in rear of right knee (2), place left foot sideward again (3), swing left foot in front of right knee (4). Repeat several times, then same with the right foot.

d– In Ireland.

Irish Lilt. Place left foot sideward with toes touching the floor and the heel "turned up" (1), change position of foot so heel is on floor and the toes "turned up" (2). Repeat in rhythm several times and then same with the right foot.

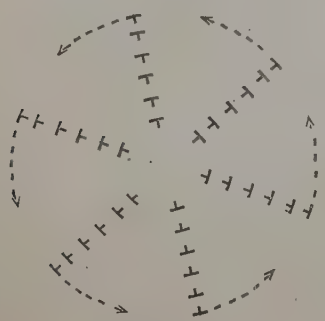
e– In Switzerland.

Climbing the Alps. Walk with high knee raising. Stoop and pick Alpine flowers.

f– In the United States.

Summer resorts. Canoeing or rowing; sit on desks and paddle or row.

5– GAME––CIRCLE RELAY–

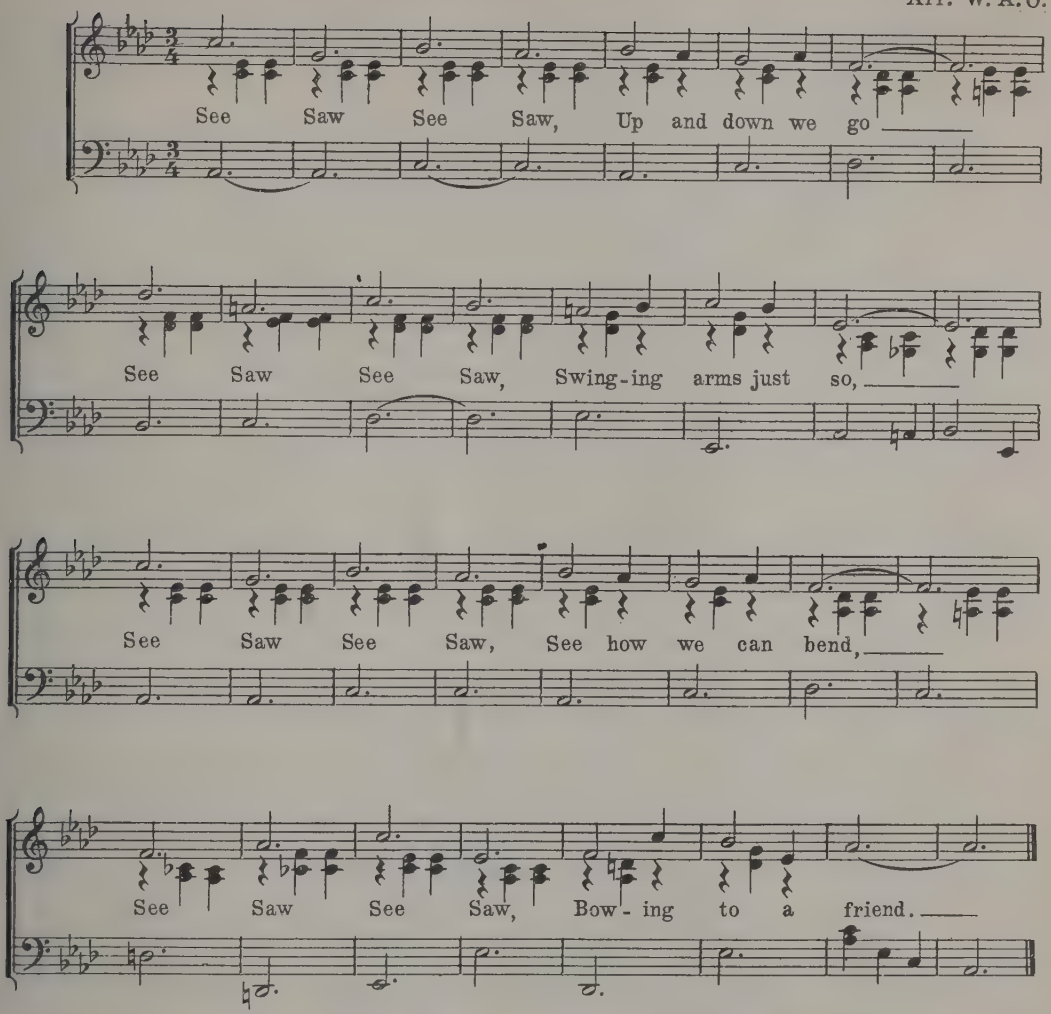


The class is divided into six teams of equal number. Each team forms a file (standing one in rear of the other) with all teams facing a common center.

At the signal of the teacher all outside members (the one in the rear of each team) run around the circle until they reach their respective places again. The first one arriving at his place scores one point for his team. These runners then step in front of their respective teams and then those standing in the rear run the second lap at the teachers signal. This continues until all have run once and are back to their original places. The team which scored the greatest number of points wins the race.

SEE SAW

Arr. W. A. O.


See Saw See Saw, Up and down we go
See Saw See Saw, Swing-ing arms just so,
See Saw See Saw, See how we can bend,
See Saw See Saw, Bow-ing to a friend.

Formation:— Single circle facing center, or, several rows in "open order" as in a schoolroom.

Meas. 1-8 With arms sideward, bend (sway) trunk left then right sideward.

Meas. 9-16 Arms in diagonal position (left arm obliquely fore-upward and right arm obliquely rear-downward) change position of arms.

Meas. 17-24 With "hands on hips" bend knees, straighten and rise on toes.

Meas. 25-32 With arms sideward bend trunk forward then straighten trunk with rotating the arms.

LESSON 18

1 – MARCHING AND RHYTHMICS.

Review activities of previous lessons.

2 – SONG GAME - - "SUNFLOWER."

For music and activity see page 37.

3 – MIMETIC EXERCISE - - "GOLF" - - Tee-ing Off.

a – "Stance" – Stand with feet apart, body bent slightly forward, grasp driver (golf club) with both hands.

b – "Waggle" – Swing the club to and fro over the ball (taking aim).

c – "Stroke" – Raise the club well over the right shoulder and then with a vigorous stroke (swing) send the ball far into the "fairway."

4 – ACTION STORY - - "SPRING FLOWERS."

a – The North Wind doth blow.
Inhale deeply and then exhale forcibly making a blowing sound.

b – North Wind goes home so grass and flowers may grow.
Run around room, one row at a time. See how quietly each Northwind (row) can slip away.

c – April Showers. Rain is falling to make ground soft.
Raise arms high above head and then lower them slowly with fingers fluttering. Stoop and let fingers touch the floor (rain strikes the ground).

d – April showers bring May flowers.
Flowers grow – bend arms and hold hands and elbows as close to body as possible and stoop. Rise slowly with stretching arms upward and rising on toes.

e – May Day in the woods.
Skip to the woods. Two rows of pupils around one row of desks.

f – Gathering violets.
Stoop, pick a few flowers, then stand. Repeat often.

g – Flower Dance.
With flowers in right hand held high, skip in place making 1/8 turn left with each step.

h – Smell flowers.
Deep breathing.

5 – GAME - - STOOP TAG.

One player is chosen or appointed as the "tagger." He chases the other players and tries to tag them. A player may escape being tagged by quickly stooping (squatting). A player may stoop but three times, after that he must run to avoid being tagged. Any player tagged immediately becomes the tagger.

The game starts anew with the new tagger. He must be announced by the teacher before he can begin his task of chasing and tagging.

PREFACE

This book, like its predecessor, is arranged in eighteen lessons in the form of a Course of Study. It is so used in the Indianapolis Public Schools. Each lesson is complete in itself and should be practiced for two weeks before the next one is begun.

The rhythmic steps are arranged in a sequence and increase in difficulty as the lessons progress. Children love to imitate and to represent "somebody" hence the success of the mimetic exercises will depend largely upon the enthusiasm and upon the interpretation by the teacher. Song games are always a source of enjoyment to smaller children. After the activities have been learned and used for awhile it may be well, in some instances, to let the children suggest appropriate movements in place of the present exercises.

For assistance and helpful suggestions I wish to extend grateful appreciation to the teachers of the Indianapolis Schools and especially to the members of the Physical Education Department.

W. A. Ocker

September 1928

42777

Introduction

"It is democratic to give every child an opportunity to make the most and best of himself through suitable environment according to his inherent capacity."---- Dresser.

The play instinct is natural to all. When one cannot enjoy play he not only ceases to grow, but is no longer an asset to society. The educational value of play is much better understood today than formerly and it is also recognized that play must be controlled and directed in order to be of real value. We no longer seek to restrain the play idea of the child, but rather to guide and develop it. We do not speak of boys and girls in school as pale and wan, but through intelligent effort we are able to see the pink and rosy hue of health and the same characteristics that marked "the barefoot boy with cheeks of tan."

The work of the child in school is not to be made easy, but rather a pleasure for him and all the agencies that have a tendency to bring this about should be fostered and cherished. Group play develops not only a democratic spirit, but also enables the boy and girl to recognize the rights of others.

This Book of Plays, Songs and Games will not only develop a spirit of play, but in the hands of the skillful teacher will give the child pleasure in the doing of his work.

It would seem that Dr. Ocker has made a valuable contribution in this particular field and one that not only will aid the teacher, but for the child will take the drudgery out of his work and make it a pleasing task for him.

Charles F. Miller,
Superintendent of Indianapolis
City Schools.

June, 1928

INDEX OF ACTIVITIES

ACTION STORIES. PAGE

Baseball 30
Birthday Party 8
Christmas Dream 14
Frozen Northland 22
Halloween 6
Jack Frost 12
Little Boy Blue 32
Motorcycle 2
Owl Family 24
Paul Revere's Ride 20
Pilgrim's Log Cabin 10
Snow Battle 16
Soldiers 4
Spring Flowers 36
Telephone Pole 28
Vacation Tours 34
Wheat Field 26
Winter 18

GYMNASIUM GAMES.

Animal Chase 2
Call Ball 10
Cat and Rat 6
Chinese Wall 28
Circle Relay 34
Farmer is Coming 4
Frog in the Sea 24
Have You Seen My Sheep? 32
Hound and Squirrel 20
Lame Duck Tag 18
Overhead Relay 12
Pass Ball 22
Pull Over 30
Slap Tag 8
Stake Guard 16
Stoop Tag 36
The Knight Sir Albion 26
Weather Vane 14

MIMETIC EXERCISES.

Bicycle Riding 6
Bow and Arrow 18
Church Bell 14
Climbing Ladder 2
Courtier and Lady 14
Cranking the Auto 26
Cutting Wheat 2
Dandelions 34
Foot Ball 12
Giants and Dwarfs 10
Golf 36
High Stepping Horses 28
Inflating Tire 26
Jack in the Box 16
Locomotive 34
Motorman 22
Nut Tree 10
Pitching Hay 4

PAGE

Rowing a Boat 6
See Saw 22
Skipping Rope 30
Strong Man 18
Swaying Trees 24
Swimming 8
Tennis 32
The General 20
Windmill 30

PHYSICAL TRAINING LESSONS.

Lesson I 2
Lesson II 4
Lesson III 6
Lesson IV 8
Lesson V 10
Lesson VI 12
Lesson VII 14
Lesson VIII 16
Lesson IX 18
Lesson X 20
Lesson XI 22
Lesson XII 24
Lesson XIII 26
Lesson XIV 28
Lesson XV 30
Lesson XVI 32
Lesson XVII 34
Lesson XVIII 36

RHYTHMICS.

Balance Step 34
Closing Step 6
Encircling 30
Follow Step 10
Gallop Hop 18
Skipping 14
Step and Curtsy 26
Three Steps 22

SONG GAMES.

Buckle My Shoe 27
Exercise 21
Halloween 7
Humpty Dumpty 31
Jack Frost 13
Little Fairies 33
Lovely Spring 29
My Flower Garden 3
Old Adam 9
Old Saint Nick 15
Pop Goes the Weasel 23
Posture Drill 25
See Saw 35
Shoemaker, The 5
Sleighbells 17
Sunflower 37
Thanksgiving Day 11
Winter Time 19

PHYSICAL EDUCATION

FOR THE

SECOND GRADE

PHYSICAL EDUCATION
for the
SECOND GRADE

LESSON 1.

1 - MARCHING

Eight marching steps and eight steps on toes in alternation. Command: - "Forward - March 1-2-3-4-5-6-7- change, 1-2-3-4-5-6-7- change, etc. etc.

Change the above to six steps; later to four steps.

2 - SONG GAME - "MY FLOWER GARDEN"

For music and activity see page 3.

3 - MIMETIC EXERCISES

a - CUTTING WHEAT WITH A SCYTHE.

Stand with feet apart, left foot in front; turn body to the right and reach to the rear as far as possible (holding the scythe, ready to cut). Bend slightly forward and, with a sweeping motion, move both arms forward. With every forward movement of the arms take one step forward.

b - ASCENDING AN INCLINED LADDER (CLIMBING STAIRS).

With body erect and "hands on hips" or "arms sideward" raise the left knee (flexed) as high or higher than the hips ---1; lower the knee (replace the foot)--2; same with the right---3 and 4. Repeat many times.

4 - ACTION STORY - "MOTORCYCLE RIDE"

a - Introduction -

Tell children of the wonderful roads leading into the country, of the farms and fruit orchards.

b - Dress for trip.

Put on appropriate shoes, stockings and knickers.

c - Inspect motorcycle.

Examine various parts of machine.

d - Tires need air.

Pump air into tires - from "hands in front of chest" with hands to a fist and elbows well raised, lower the trunk forward and push the arms downward on---1, and return to erect position on--- 2.

e - Jump into saddle and start motor.

Face own seat, then with one hand on the desk and the other on the back of the seat (as if grasping handle-bars) jump, carefully, to a sitting position on the seat facing the side of the room, feet on the floor. Then start the motor by pedalling (moving knees up and down, first slowly and then in quicker tempo).

f - Climb out, push machine, and jump in again.

Stand, face desk again, run in place a few steps and then jump into seat as above.

g - Take road to the right, then to the left.

Turn handle-bars to the right and run "right" around the desks; then face about and run left around the desks.

h - Stop, dismount and rest. -- Suit actions to the words.

i - Eat lunch -- Suit actions to the words.

j - Return home.

Mount as in "e" and "f" and ride home.

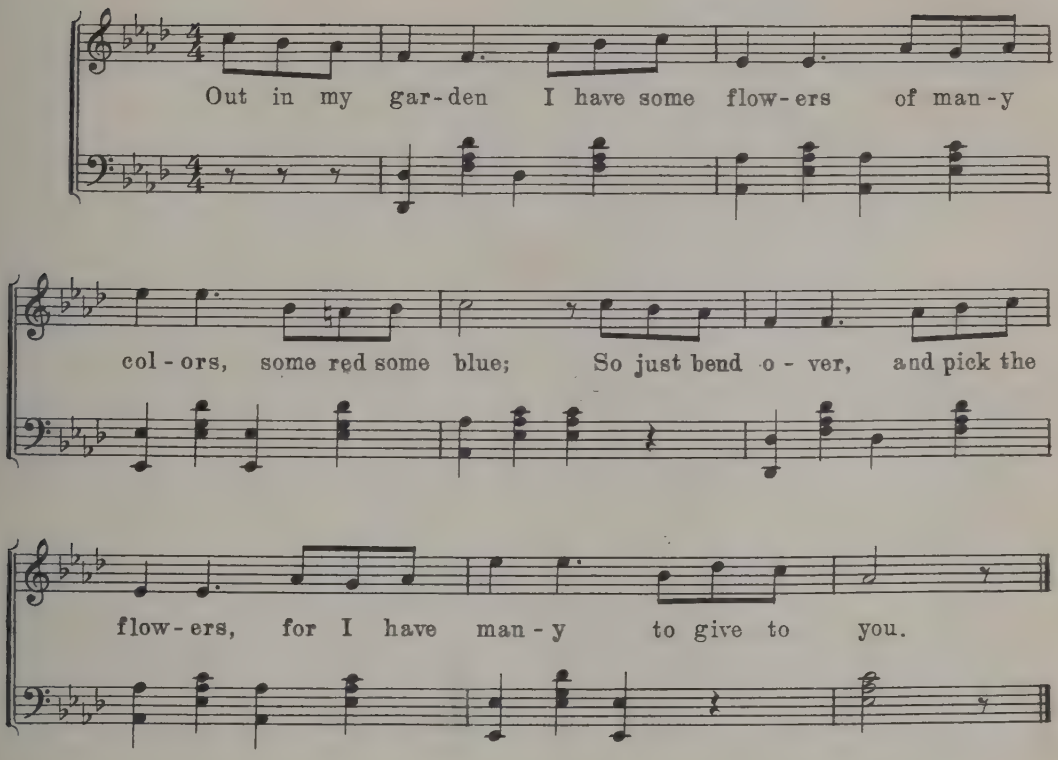
5 - GAME - ANIMAL CHASE

Two pens are marked at opposite ends of the playing area. All the players but the catcher, are placed in one pen and divided into groups; each group is given the name of some animal. The catcher stands midway between the two pens and when he calls the name of an animal, all the players bearing that name must leave the pen and endeavor to reach the other pen without being caught. Should one be caught he becomes catcher and the catcher takes the name of the animal, otherwise the catcher must be catcher again.

Variations: 1. One or more catchers. 2. Players enter safety pen, thru improvised gateway or cross center of playground thru a restricted area.

MY FLOWER GARDEN

Arr.- W. A. O.


Out in my gar-den I have some flow-ers of man-y
col-ors, some red some blue; So just bend o-ver, and pick the
flow-ers, for I have man-y to give to you.

Formation:- Double circle, partners facing line of march.

1- "Out in my garden, I have some flowers, of many colors, some red, some blue"- -
Partners join inner hands and march forward swinging the inner arms without releasing hold of hands.

2- "So just bend over, and pick the flowers"- -
Stop and face partner. Stoop and make basket with left arm, pick flowers and put into basket with the right hand.

3- "For I have many, to give to you"- -
Arise and bow to partner.

LESSON 2

1— Review activity of previous lesson; may substitute "marching in place" for either the regular step or the walking on toes.

2— SONG GAME —"THE SHOEMAKER"

For music and activity see page 5.

3— MIMETIC EXERCISES — "PITCHING HAY."

Grasp pitchfork with both hands (left hand to a fist, in front of body, about height of chin, the right hand also to a fist, on the side and opposite the right hip.) Both arms are bent.

a— Dig into hay with the fork.

b— Pitch hay upward over the left shoulder (get good trunk stretching with arms well up.)

4— ACTION STORY — "SOLDIERS"

a— Play, sing or hum the bugle call for assembly.
Children stand at "attention" and are inspected for good posture by the teacher or by the leader.

b— Marching.
Boys and girls whistle "Marching thru Georgia" while marching around seats (if in the schoolroom). The leader of each row is the drummer. The teacher or an appointed pupil stands in front of the room serving as Captain. As the soldiers pass in review they salute their superior officer.

c— Rifle Practice.
The command is "Ready — Aim — Fire" and is given by the Captain. On "ready" pupils will stand with the feet apart, the left in front of the right, and the rifle held about waist high on the right side of the body. On "aim" raise the rifle to the right shoulder, left arm extended forward, lower the head to the right and sight the target. On "fire" pull the trigger and say "bang" and then lower the rifle to await further orders.
Variation —. Firing may be done in the kneeling position (on one knee).

d— Hoisting the Stars and Stripes.
Attach flag to the rope. - stand with feet slightly apart; reach up high with one hand and pull, then with the other hand. Repeat ten or twelve times. With each pull bend the knees and let the body sway with the pull on the rope.

e— Pledge of Allegiance.
All give "Flag Salute" and repeat "I pledge allegiance to my flag and to the Republic for which it stands, One Nation indivisible, with liberty and justice for all."

f— Return to barracks — March to seats.

5— GAME - - "THE FARMER IS COMING"

One player, the farmer, stands or may be seated in front of a line drawn to represent one side of a lane or road. The rest of the players stand behind this line. Another line, parallel to the first, is drawn 15 or 20 feet distant and represents the other side of the lane.

The players represent chickens. They try to cross the lane to enter the garden on the opposite side of the road.

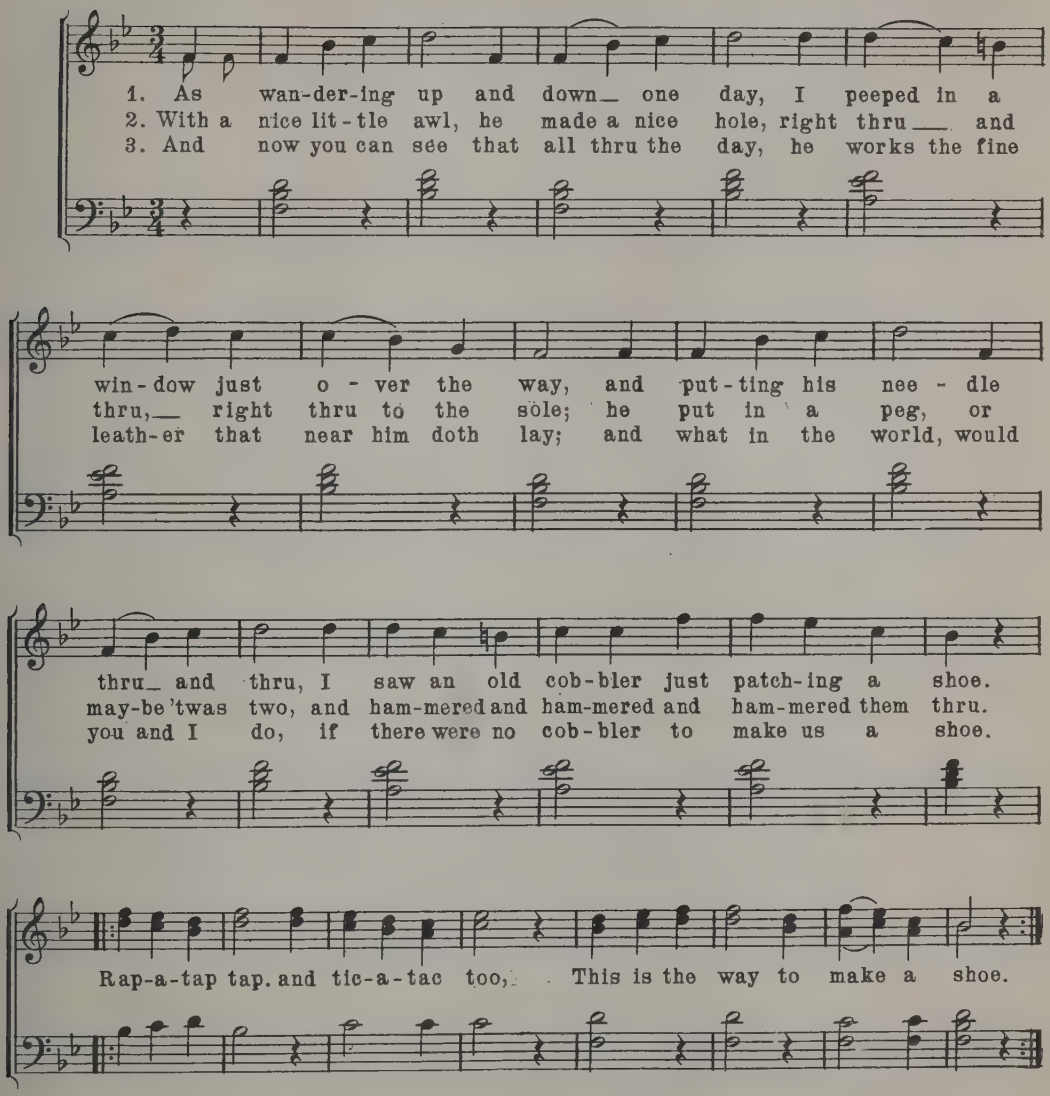
When the farmer claps his hands every player must stand still. The teacher then says "The Farmer is Coming" which is a signal for the farmer to jump up and give chase to all the players. Tagged players become the assistants of the farmer until all players have been caught.

The first one tagged before safely crossing the lane becomes the farmer for the next game.

The farmer tagging the greatest number of trespassers (in the first chase of each game) is the winner of the game.

THE SHOEMAKER

Arr.-W. A. O.


1. As wan-der-ing up and down one day, I peeped in a
2. With a nice lit-tle awl, he made a nice hole, right thru and
3. And now you can see that all thru the day, he works the fine
win-dow just o-ver the way, and put-ting his nee-dle
thru, right thru to the sole; he put in a peg, or
leath-er that near him doth lay; and what in the world, would
thru and thru, I saw an old cob-bler just patch-ing a shoe.
may-be 'twas two, and ham-mered and ham-mered and ham-mered them thru.
you and I do, if there were no cob-bler to make us a shoe.
Rap-a-tap tap. and tic-a-tac too, This is the way to make a shoe.

Formation:- Circle, facing inward (center). Children may stand, sit, or kneel on one knee.

They should imitate the work of a cobbler.

Good movements are stitching a shoe; pulling the threads; pegging a shoe; hammering the sole; cutting the leather; polishing the mended shoe.

LESSON 3

1 – MARCHING AND RHYTHMICS - -"CLOSING-STEP".

"Closing-step":- Step left forward--1; Close heels with right--2; Step right forward--3; Close heels with left--4.

Alternate eight marching steps forward with four closing-steps forward. Later take four closing-steps sideward, in line of march, (this will necessitate facing left or right).

2 – SONG GAME – "HALLOWEEN"

For music and activity see page 7.

3 – MIMETIC EXERCISES –

a – ROWING A BOAT –

Sitting on the desk or the floor, bend trunk and reach forward (palms down) to grasp the oars. Straighten the body and pull forcibly on oars, bending the elbows until the hands are immediately in front of the chest.

b – BICYCLE RIDING –

Grasp imaginary handle-bars and then raise the knees alternately. Slowly at first; later in a quicker tempo.

4 – ACTION STORY – "HALLOWEEN" –

a – Dress in halloween costumes.
Dress to represent various characters and nationalities, suiting action to the words.

b – Walk into garden.
Walk on toes with high knee raising; cautious step.

c – Select and pick up pumpkin.
Walk and turn left, then right, and stoop to examine pumpkins, when the largest one has been found pick it up with both hands.

d – Carve face on pumpkin.
Cut eyes, nose and mouth.

e – Pumpkin goes to town to witness the Halloween Frolic.
Run lightly in or from place.

f – Place pumpkin on a pedestal to view pageant.
Children sit on heels and rest.

g – Spanish dancer appears.
Shake hand overhead imitating a tambourine and hop in place on one foot while swinging the other foot forward (a "step-swing-hop").

h – Clown passes by.
With swinging arms sideward jump up and down like a jumping-jack.

i – Indian war whoop is heard.
Imitate indian on war path. Draw and shoot arrow.

j – Town clock strikes "TEN".
Clap hands ten times.

k – Time to return home.
Run lightly; upon reaching home undress and go to sleep.

5 – GAME – "CAT AND RAT"

The players form a circle and join hands. One player, representing the cat, is stationed within the circle; another player, the rat, is outside of the circle, hiding behind a player. The cat boasts "I'll catch a rat;" the rat challenges "Do so if you can" and the chase is on. The other players must keep their arms sufficiently elevated to permit free darting in and out of the circle.

NOTE – Do not permit the chase to continue very long. The leader (teacher) should change the runners frequently and always whenever a runner shows signs of fatigue.

7 0 WIS. B OCT '67

DISCHARGED
DEC 9 1968
DISCHARGED

LB
1587
.A3
I4

42777

WISCONSIN STATE UNIVERSITY

LIBRARY

Stevens Point, Wisconsin

LB1587.A3I4
Physical education for the second
1775 033696 3
T2-CUQ-678